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Day 1 - 5/7/16

So today I did quite well. Lunchtime bacon, lettuce and tomato roll made out of lettuce from the veg box. Dinner was chicken, salad, new potatoes and coleslaw. The salad was made out of lettuce from the veg box supplemented by homegrown and shop bought live lettuce, pepper and tomato. The new potatoes were from the veg box. The coleslaw was made from cabbage from the veg box supplemented with onion, carrot, and supermarket store cupboard ingredients.



Day 2 - 6/7/16

Tonight's delight lamb chops and vegetables. Potatoes and sweetheart cabbage were from the veg box supplemented with shop bought carrots and home grown courgettes. Lamb was from the butchers marinated in home grown mint, manuka honey, red wine vinegar and mustard. All served with gravy.



Day 3 - 7/7/16

Today I disposed of a couple of mouldy beetroots from a previous veg box and the leaves of the beetroots from today's veg box as they didn't look very appetising. You can in fact eat them on salads. I also made some courgette with excess courgettes from the veg box and my garden. In order to make this I had to supplement it with onion, garlic, pepper, Apple, white wine vinegar, dark brown sugar and mustard all from the supermarket. I had chilli con carne for dinner. No veg was used from the veg box. Red pepper, baby corn, garlic and onion were all purchased from the supermarket. The meat was from the local butchers. Other store cupboard ingredients and spices were used.

Sorry the courgette dish was courgette chutney.



Day 4 - 8/7/16

No items from the veg box were used today. I pulled some ingredients together with my aunt to make a great dinner of cous cous, salmon and ratatouille followed by fresh fruit salad and Greek yogurt.



Day 5 - 9/7/16

Just took this picture in time. Sea bass with salad. Griddled courgette and blanched broad beans from the veg box. Lettuce, tomatoes and Carrot from the supermarket, supplemented by home grown herbs and micro lettuce. No other meals today have used ingredients from the veg box.



Day 6 - 10/7/16

Pulled pork with sweet potato wedges, homemade coleslaw, salad, tomatoes, olives, sundries tomatoes, peppers with goats cheese, griddled courgette and blanched broad beans. Some lettuce, sweetheart cabbage, (coleslaw) beetroots, broad beans and courgette were from the veg box. I had to dispose of a deteriorating piece of chard.



Day 7 - 11/7/16

Not much from the veg box today. Ate my main meal out so carrot and butternut squash soup with fresh coriander and cheese and beetroot and cress roll. Beetroot was leftover from tea yesterday so was from the veg box.



Day 8 - 12/7/16

Yummy sausages, sweetheart cabbage, carrots, peas and new potatoes with gravy. The new potatoes and cabbage are from the veg box. The peas are frozen and the sausages and carrots are from the supermarket. We received a big bunch of celery this week in the veg box. I'm giving that to a friend tonight as we don't like it! All other meals today have not used ingredients from the box.



Day 9 - 13/7/16

Apologies for the late report. I went out for dinner last night [tonight] so used nothing from the veg box.

Day 10 - 14/7/16

Dinner tonight was shop bought lasagne (tut tut) with salad, tomatoes, veg, beetroot and garlic bread. Used broad beans and beetroot from the veg box. A very small amount of lettuce was home grown. The courgette and baby corn was from the supermarket but I did have it already in the fridge. Had to chuck out a veg box courgette as went soft and some limp shop bought baby lambs lettuce. Had cherries from the greengrocer for pudding.



Day 11 - 15/7/16

Ate my main meal out today so just ham and beetroot role for tea with a packet of crisps followed by a nectarine. The beetroot was left over from last night so was from the veg box originally.



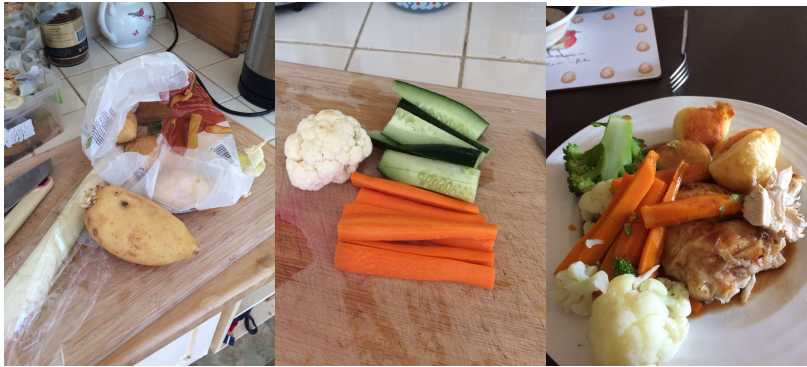
Day 12 - 16/7/16

So yesterday [today] was quite an active day for the veg box. Disposed of some old chard, some remains of the sweet heart cabbage and some parsley. Had some courgetti bolognese where I had ribbons of courgette from the veg box instead of pasta. The bolognese sauce was frozen leftovers from a meal I had made a couple of weeks ago and contained courgette and mushrooms from an earlier veg box. Then in the evening I had some crudité's and humous. The cauliflower, cucumber and carrot crudité's were all from the veg box and particularly yummy. It was part of a picnic so supplemented with a slice of shop bought chicken and pork pie and olives.



Day 13 - 17/7/16

Today I had leftover over crudités for lunch which were from the veg box with a ham salad made up of lettuce leaves, tomatoes, red pepper and olives. All the salad items were from the supermarket as we haven't had a lot of salad stuff in the last 2 weeks. Dinner was roast chicken, roast potatoes, Carrots, cauliflower and broccoli. All veg except the potatoes were from the veg box. I had new potatoes but you need Maris piper for the roasties. I have far more than I need now though. I threw out an old leek and some more potatoes that were sprouting.



Day 14 - 18/7/16

Had some more crudités from the veg box with my ham salad for lunch the dinner was a vegetarian pasta with cauliflower, broccoli and courgette all from the veg box with some supermarket red pepper and tomato sauce.

