Day 1 - 28/07 (Thursday)
Tucking into a dessert of 3 plums, yoghurt, raisins and sunflower seeds.
Yoghurt-tesco
Raisins-morrisons
Sunflower seeds-lidl
Plums from the veg box
Packed lunch tomorrow
2 plums and a banana.
Tuna, avocado and spinach salad with pesto
Tuna-morrissons
Acocado-veg box
Spinach -veg box
Pesto-polish store

Day 2 - 29/07 (Friday)
Apart from the packed lunch I made last night I haven't used anything else from the veg box today. I've been out on another course all day, then out to a show this evening.

Day 3 - 30/07 (Saturday)
Packed a snack for my weekend away
Day 4 - 31/07 (Sunday)
Carrot as a snack

Day 5 - 01/08 (Monday)
Packed lunch again. Tuna salad.
Tuna- morrisons
Avocado- (half), Spinach- (handful) vegbox
Batch of veg curry
Handful of spinach, One large onion- vegbox
Red cabbage, Peas, Ginger - morrisons
Sweetcorn, Chickpeas, Chopped tomatoes, Curry paste, Couscous-sainsburys

Day 6 - 02/08 (Tuesday)
For lunch eating leftovers of veggie curry and an olive loaf from the euphorium bakery at Tesco
Courgette cake
1 courgette - vegbox
Eggs, Flower, sugar - morrisons
Vanilla- sainsburys
Oil- asda

Day 7 - 03/08 (Wednesday)
Lunch same as yesterday. Leftovers of veg curry and roll from bakery
Day 8 - 04/08 (Thursday)
New box has arrived. Just tucking into a pear

Unsure as to what this fruit is from last week's box

Day 9 - 05/08 (Friday)
Snack of a pear
Saying a sad goodbye to the cabbage. I didn't get there soon enough to eat it and it's no longer appetising..

1. Red babbaganoush:
   1 aubergine - veg box
   2 x red peppers - morrisons
   Tahini- polish store
   Garlic- sainsburys
2. Tomato salad
Cherry tomatoes- veg box
Salad tomatoes, Mint, Spring onions - morrisons

3. Chickpea, avocado and feta salad with roasted courgettes.
Chickpea, Corriander - sainsburys
Avocado- waitrose
Red cabbage- morrisons
Courgettes- veg box
Feta- morrisons
Day 10 - 06/08 (Saturday)
Nothing consumed from the vegbox today.

Day 11 - 07/08 (Sunday)
I'm off on a hike for 2 days today. Made some sandwiches. Cheese and tomato.
Pitta, Cheese- morrisons
Tomato- left over from the salad I made before (vegbox)
And a banana

Day 12 - 08/08 (Monday)
Nothing used from the box today..still away.

Day 13 - 09/08 (Tuesday)
Pear and satsuma fruit salad with yoghurt and seeds
Pear- vegbox
Satsuma, Yoghurt- morrisons
Seeds- polish store
Day 14 - 10/08 (Wednesday)
Courgette, tomato and cucumber salad
Courgette- vegbox
Tuna, Mayonnaise, Mint, Tomato, Pitta bread, Cucumber-morrissons

Slice of melon- vegbox