Day 1 - 29/07 (Friday)
Day 2 - 30/07 (Saturday)
Day 3 - 31/07 (Sunday)
Day 4 - 01/08 (Monday)
Day 5 - 02/08 (Tuesday)
Day 6 - 03/08 (Wednesday)
Day 7 - 04/08 (Thursday)
Day 8 - 05/08 (Friday)
Day 9 - 06/08 (Saturday)
Day 10 - 07/08 (Sunday)
Day 11 - 08/08 (Monday)
Day 12 - 09/08 (Tuesday)
Day 13 - 10/08 (Wednesday)
Day 14 - 11/08 (Thursday)
Day 1 - 29/07 (Friday)
First by box arrived today. I've eaten 1 banana.

Day 2 - 30/07 (Saturday)
Sorry not used anything today as we ate out. We went out for a Chinese meal in the evening and stopped out at a cafe at lunch time.

Day 3 - 31/07 (Sunday)
I was due to come home and make salmon and green beans but have unexpectedly been taken out for the cinema and am grabbing a wahaca burrito instead.
Day 4 - 01/08 (Monday)

Breakfast: Homemade granola with a banana. Dinner: Tray baked Salmon with sautéed new potatoes and green beans.

Pudding: Pear and plum crumble. The pears and plums were from the box as was the potatoes and beans in the previous course.
Day 5 - 02/08 (Tuesday)

Brunch: granola and pear/plum compote made from the veg box

Dinner: homemade bolognase sauce using the onion from the veg box, with spiralized courgette from the veg box. The spiralized courgette was a new venture but very successful.
Day 6 - 03/08 (Wednesday)
I missed breakfast, lunch was a chicken wrap from local fish and chip shop. Dinner: chicken terriaki with stir fried veg including kale and onion (from veg box) carrot and pepper. With noodles made from courgette and carrot. And a few proper noodles.

Smoothie: includes kale, banana (would have been from veg box if someone hadn't eaten it) + berries and orange juice.
Day 7 - 04/08 (Thursday)
Dinner: using last onion only. Mac n cheese, using spiralized sweet potato, bacon and artichoke hearts. Just a small yellow courgette to use.

Day 8 - 05/08 (Friday)
Today's veg box, I thought I had taken a photo of dinner but it didn't take properly. It was however left over bolognase sauce from earlier in the week with grated yellow courgette from last weeks box, (so using everything). I also had courgetti from a yellow courgette from today's box.
Day 9 - 06/08 (Saturday)
Dinner: risotto includes bacon, onion, pepper, carrot. Courgette/marrow (from box) cherry tomatoes (from box). Pear and banana from box also eaten.

Day 10 - 07/08 (Sunday)
Dinner: pork with Apple, onion and pepper. And maple syrup sauce. Sautéed potatoes(from box), a mix of beans (from box) and carrots.
Day 11 - 08/08 (Monday)

Varied veg pakora. Tried kale and nasturtium from box plus carrot and onion. Smoothie with many fruit inc banana, kale and pear from box plus assorted other fruit.

Chicken curry: items used from box, kale, tomatoes. Other bits chicken, ginger, garlic chickpea, pepper carrot and coriander.
Day 12 - 09/08 (Tuesday)

Dinner: courgetti carbonara. Yellow marrow/courgette from box. With red pepper, onion, bacon in cheese sauce.

 Finished off with slice melon from box.

Smoothie: has kale, pear, melon and banana from box plus cherries, frozen summer fruit and water.
Day 13 - 10/08 (Wednesday)
Dinner: had left over chicken curry from Monday

Day 14 - 11/08 (Thursday)
We ate nothing from the box as I had to take a trip to Bexhill then we went to the theatre early evening and ate out.