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Day 1 - 09/07

Made a mixed salad with salad bag leaves. Used other ingred of my own - tomatoes beetroot feta avacado and pine nuts.



Day 2 - 10/07

Made chips from potatoes

Day 3 - 11/07

Pasta with mushrooms, onions.

[*What's from the box and the ones added*] So for the pasta I added tomatoes and garlic.

[*...where the added items came from*] Sainsbury.



Day 4 - 12/07

Used kale and courgettes.

[*What's from the box and the ones added*] For tofu stir fry I added tofu tomatoes Sweetcorn

[*...where the added items came from*] Sainsbury.



Day 5 - 13/07

Stir fry cabbage. Will be eaters [eaten?] with veggie Quorn steak.

[*What's from the box and the ones added*] Ok so just cabbage from box. Carrot was added

[*...where the added items came from.*] Sainsbury.



Day 6 - 14/07

[Husband] used onions from box and garlic tomatoes from sainsbury.



Day 7 - 15/07

Going out to eat tonight so will be no veg used today.

Day 8 - 16/07

Made lasagne with onions added broccoli and tomatoes garlic from Sainsbury. Cheese from waitrose.



Day 9 - 17/07

We had a bbcue so nothing used today.

Day 10 - 18/07

Husband and son are away do just me eating tonight. Not very hungry as its so hot. Having light salad. Using onions from bag salad leaves and tomatoes. Beetroot from sainsbury. With hummus and pitta.

