Day 1 - 08/07
Day 2 - 09/07
Day 3 - 10/07
Day 4 - 11/07
Day 5 - 12/07
Day 6 - 13/07
Day 7 - 14/07
Day 8 - 22/07
Day 9 - 23/07
Day 10 - 24/07
Day 11 - 25/07
Day 12 - 26/07
Day 13 - 27/07
Day 14 - 28/07
Day 1 - 08/07

the only thing we ate today was half a bag of mangetout. I had them raw because they were so sweet! we had lunch out and leftovers for dinner.
Day 2 - 09/07

1 x banana - as is
2 x bananas - smoothies (see pic)
2 x apples - juice (see pic)

Also in the juice is pineapple (sainsburys) and ginger and turmeric (ocado)

We had lunch out today.

[Husband] is working tonight and eating out.

I came down with a bit of a fever earlier so not cooking tonight, drinking lurid juice instead!

[Husband] also ate 1 x Apple as is
Day 3 - 10/07
We didn't use anything as [Husband] was working and ate out, and I wasn't well so didn't cook.
Day 4 - 11/07

Lunch
Spaghetti (see pic)
tomatoes (bought last week from a local shop so had to be used up)
parsley and garlic from veg box

Dinner
roast potatoes (see pic) from veg box - about half used
cauliflower salad with parsley (see pic) from veg box - half cauliflower used
fennel from ocado last week
Day 5 - 12/07

we didn't use anything yesterday. we had pizza for dinner!
Day 6 - 13/07

lunch
salmon with noodles, courgette (from veg box) and broad beans (from veg box)

dinner was bought soup as I had a screaming baby!

by the way, we haven't thrown anything out yet
Day 7 - 14/07

All we had was the remainder of the potatoes from week 1 plus a few from week 2. [Husband] worked in the evening so ate out and I didn't get a chance to cook dinner again!
Day 8 - 22/07

Smoothie
banana x 1 - veg box week 3
1 x banana eaten as is

Lunch
tomato salad -
kohlrabi - veg box week 2
Spring onion - veg box week 3
parsley - veg box week 3
cucumber - veg box week 3 (half used)

Dinner
Soup
potato - veg box week 3 (half used)
Spring onion - veg box week 3
Day 9 - 23/07
Lunch
Leftovers from yesterday

Dinner
Pasta
1 x courgette - veg box week 3
garlic - veg box week 1
Day 10 - 24/07

We had a big brunch of toast, beans and eggs etc so didn't have lunch yesterday. Dinner: Courgette pasta, again. And I made a courgette cake too
Day 11 - 25/07

Lunch
Courgette pasta (again!)

Dinner
Fish with potatoes, onion and broad beans - all from the veg box week 3. I forgot to take a photo though!
Day 12 - 26/07
We ate out for lunch and dinner!
lunch - fish and chips
dinner - Indian takeaway
Day 13 - 27/07

Lunch
Ate out - felafel wrap takeaway

Dinner
Frittata with onion, courgette and garlic from the veg box. I think some of these courgettes must still be from last week, they're never ending!
Day 14 - 28/07

Lunch - ate out - sandwiches at a bakery

Dinner
Leftovers from last night
Poached apricots

at the moment the only thing that's been thrown out is a cabbage :( it's not something I eat much and never got around to cooking it.