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Day 1 - 19/07

Stir fried marrow noodles with beans, swiss chard, puntarelle (all from veg box), onion, pepper, cherry tomatoes and pine nuts (all from waitrose)



Day 2 - 20/07

Leftovers from last night



Wraps (tescos) beans, salad, cucumber (veg box) black beans, can tomatoes, onion, pepper, cherry tomatoes, avocado, mexican spice, cashew nuts, lemon juice, cider vinegar (waitrose) mustard (sainsburys) nutritional yeast (amazon)



Day 3 - 21/07

Leftovers, but on pitta bread (waitrose) instead of in wraps



Soup with potatoes, broccoli, swis chard (veg box) onion, stock, cashew nuts (waitrose), bread from my breadmaker



Day 4 - 22/07

Not been much with the cooking the last couple of days - friday went to an italian restaurant on friday [today] (pasta)

Day 5 - 23/07

... had a bbq last night [today] (veggie burger and corn on the cob)

Day 6 - 24/07

Theres a few of the potatoes from the veg box in this, with a pie (waitrose) and frozen veg (sainsburys)



Day 7 - 25/07

Salad, cucumber from veg box, frozen veg, chickpeas, vegan mayo (sainsburys) potatoes, onion (wsitose), mushrooms, burger buns, tomatoes (morrison's) breabcrumbs from breabmaker, some left the cabbage here at the weekend.



Day 8 - 26/07

Bread roll, tomatoes, mushrooms (morrissons), potatoes, onion, stock (waitrose), swiss chard (veg box)



Day 9 - 27/07

Noodles, beancurb, soy sauce (asian shop whos name i dont know), onion, pepper (waitrose), tomatoes, mushrooms (morrissons), cucumber, marrow, beans, salad (veg box)



Day 10 - 28/07

Leftover soup (same as tuesday) with fried bread croutons from the bread maker



Day 11 - 29/07

Hey, friday [this day] i was out at a work do (peach salad and chips), ...

Day 12 - 30/07

yesterday [this day] we had pies, chips and frozen veg (waitrose).

Day 13 - 31/07

This cucumber from the veg box is going in the bin



Cabbage, marrow, cougetter, beans, peppers (veg box), sunflower seeds (tescos), pine nuts, onion, soy sauce (waitrose)



Day 14 - 01/08

Marrow, courgette, parscley, beans (veg box), sweet potato, falafel, chickpeas, salad, tomato, humous, lemon juice (waitrose).

