**PAMPY EATS**

1st July – 28th July 2024.

* Use this as your shopping list.
* Make fresh and eat a portion to satisfy your appetite.

**Breakfast**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** |
| Nothing | Coffee & Nuts | Eggs & Cheese | Berries & Yog | Sourdough & Av | P’s Porridge |
| Coffee/ Tea  MCT Oil | Salted Macadamias, Almonds, Walnuts  Coffee/Tea (MCT) | Boiled eggs, either; cheddar, tasty or haloumi cheese  Coffee/ Tea (MCT) | All berries (frozen are OK), natural yoghurt, ground cinnamon  Coffee/Tea | Real sourdough, avocado, sea salt, olive oil & fresh lemon  Coffee/Tea | Contain: Oats, LSA mix, coconut, berries, ground cinnamon, honey  Coffee/Tea |

**Lunch**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** |
| Tuna & Rice | Salad & Beef | Chicken & Q | Sourdough & G | Sweet pot & L | Biltong crunch |
| Tuna in olive oil  Rice or quinoa (the microwavable version), sea salt, avo & fresh lemon | Whip up a leafy salad – anything fresh works. Contain your beef cuts.  Mac & pecan nuts, salt & fresh lime. | Contain your chicken, add microwavable quinoa, lime, sea salt, celery, carrots & capsicum | Real sourdough, goats cheese, avo, olive oil, lemon, sea salt | Contain your baked sweet potato, contain your lamb cuts, add chilli flakes, nat yoghurt, salt & lime.  Apple or pear | Order some barbell biltong, box up; celery, carrots, mac nuts, haloumi, and capsicum |

**Lunch**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **1** | **2** | **3** | **4** | **5** | **6** |
| Veggies/ Beef | Spag bolognese | Salmon & Veg | Chicken Curry | Tom/ Bacon S | Hamburgers |
| Roast veggies of choice (the more, the better), add butter & sea salt. Add the beef | Don’t you dare add sugar!  Google a simple recipe or click on the weblink icon | Pan-fry your salmon and air-fry or bake your veggies.  Add salt, olive oil & lime | Chicken, water chestnut, asparagus, spinach leaves, green curry paste, coconut milk | Check out the simple recipe.  Tomato soup adding bacon.  Lentils or chickpeas | Make your patties, mince etc, add onion, leaf, haloumi, tomato, on sourdough |

**PAMPY EATS**

YOUR FOOD DIARY

* Mark your choice.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| B: e.g. #5 | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| B: | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
| B: | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
| B: | B: | B: | B: | B: | B: | B: |
| L: | L: | L: | L: | L: | L: | L: |
| D: | D: | D: | D: | D: | D: | D: |

Notes: