

DAY	BREAKFAST	LUNCH	DINNER
MON	Fruit and Nut Muesli (Basic Cookbook) (TM made) Natural yoghurt	Silverbeet and 3 cheese rolls (for example, Stephanie Alexander's- use TM to chop silverbeet and sauté onions) with quirky Jo's homemade tomato sauce (Tomato Sauce Recipe)	Justine Schofield's Chicken Wonton soup (http://www.recipecommunity.com.au/soups-recipes/chicken-wonton-soup/256735)
TUES	Wholemeal blueberry scones with butter (or cream if you're game) ('Something for Everyone', Louise Fulton Keats)	Chicken liver pate with French bread (BCB) and caramelised onion chutney.	Green thai curry paste (http://www.recipecommunity.com.au/main-dishes-others-recipes/thai-green-curry-paste/17492) marinated chicken thighs on lemongrass skewers with mango salsa (mango, brown sugar, fish sauce, lime juice. From The Complete Asian Cookbook) Asian slaw (Chop chilli, garlic, add lime juice, fish sauce and brown/palm sugar and follow basic coleslaw recipe omitting apple. Add half green and half purple cabbage if desired) Roti (http://www.recipecommunity.com.au/reads-rolls-recipes/thai-roti-clone-tenina-holder/255027)
WED	CADA with natural yoghurt (http://www.recipecommunity.com.au/basics-recipes/cada-breakfast/17013)	Wholemeal sandwich (use basic bread recipe) with shredded chicken (use leftovers or steam chicken tenderloins in varoma and shred in bowl) with Asian slaw.	Veal schnitzel (make breadcrumbs in TM bowl and dry out in oven for added crunch, then add chopped fresh herbs and TM grated parmesan) Cauliflower and leek mash (http://www.quirkycooking.com.au/2015/02/cauliflower-leek-mash/) Varoma steamed greens
THUR S	Sweetcorn fritters with avocado salsa ('Something for Everyone' by Louise Fulton Keats)	Beetroot salad (BCB) with toasted nuts, seeds and feta	Tandoori (http://tenina.com/recipes/tandoori-chicken) marinated lamb backstraps on the barbecue Carrot and cardamom chopped salad (Carrot, red onion, lemon juice, olive oil, salt, sugar, white pepper, ginger, cardamom in TM bowl and roughly follow Beetroot salad recipe Add mint leaves to serve. From Tessa Kiros, Falling Cloudberries) Raita (http://www.recipecommunity.com.au/side-dishes-recipes/mint-and-coriander-rait/23726)
FRI	Hot Cross Bagels (http://static1.squarespace.com/static/52b0f676e4b03b53)	Quiche Lorraine and green salad (Basic Cookbook)	Nasi Goreng (Quirky Cooking)

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SAT	Poached eggs with toast and hollandaise Orange juice (Basic Cookbook)	Char Siew Pow (Barbequed pork buns). (A taste of Asia)	Chicken veloute meal with wholesome bread rolls (Basic Cookbook)
SUN	Croissants and jam (Basic Cookbook)	Glass noodle salad. (A Taste of Asia)	Pizza. Use BCB or your preferred recipe, mix and knead in the TM (I like Jamie Oliver's) and top with whatever you like.