



A SELF-LOVE MEAL PLAN FOR FEBRUARY

A gentle rhythm for winter days

	gentle mornings	grounding midday meals	comforting evenings	
mon	Yogurt w/ Fennel Granola & dried fruit	Tartine w/miso, soft boiled egg, arugula & radish (you do you❤️)	Lazy Monday Cumin Sweet Potato Soup	eat warm food today
tue	Pear Pistachio Smoothie (or your favorite protein smoothie)	Assiette Verte au Curry	Warm Goat Cheese, Tomato & Shrimp Verrines	
wed	 Yogurt w/ Fennel Granola & dried fruit	Lazy Monday Cumin Sweet Potato Soup	Easy Vegetable Curry (Inspired by a Paris cafe)	repeat meals you love
thu	Pear Pistachio Smoothie (or your favorite protein smoothie)	Assiette Verte au Curry	Seared Salmon w/ Green Beans & Soft Tartar Sauce	
fri	Yogurt w/ Fennel Granola & dried fruit	Easy Vegetable Curry	Pizza Night but make it Calzones!	choose ease over effort
sat	cafe au lait chez Charlotte soft boiled egg toast 	French Green Bean & Radish Salad	Pasta Night! make it with greens & something salty	
sun	Pancakes! ❤️shaped of course served with berries	recipes at charlotteblog.com	Tartine du Dimanche Soir and a nice green salad	nourishment is also rest