



## A SIMPLE HEALTHY PARISIAN MEAL PLAN (VEGAN)

	breakfast	lunch	dinner	
mon	yogurt, with fennel granola or berries and chia seeds	Toasted Buckwheat & Beet Salad	Springtime Soup au Pistou, baguette or seed crackers	drink water & green tea
tue	café or matcha	French Green Bean & Radish Salad w/walnuts & hemp seeds	Tofu Tenders, Arugula Salad	
wed	yogurt, with fennel granola or berries and chia seeds	Springtime Soup au Pistous	Roasted Baby Cauliflower with Tahini Sauce, roasted chickpeas	eat seasonally
thu	café or matcha 	Tofu or Chickpea Salad Tahini, spring lettuce salad w/radishes	Roasted Cauliflower Salad w/algae oil, walnuts & flax seed	
fri	yogurt, with fennel granola or berries and chia seeds	Sunny Spinach Quinoa Salad	Asparagus Mushroom Sourdough Pizza	eat mindfully
sat	café au lait	Salmon Beurre, green salad	Linguini with Morel Cream Sauce & Egg	
sun	Tofu Jungle Scramble from Boho Beautiful	recipes at <a href="http://charlotteblog.com">charlotteblog.com</a>	Roast Portobello & Potatoes Parisian	take a long leisurely walk