



## A SIMPLE HEALTHY PARISIAN MEAL PLAN

	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/ flaked smoked salmon	Chicken 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 	Chicken Salad Tahini, spring lettuce salad w/radishes	Sunny Paris Salmon with green beans or asparagus	
fri	yogurt, with fennel granola or berries and chia seeds	Perfect French Omelette, salad with radishes & classic vinaigrette	Asparagus Mushroom Sourdough Pizza	eat mindfully
sat	café au lait	Salmon Beurre, green salad	Linguini with Morel Cream Sauce & Egg	
sun	Sunday Breakfast Soufflé	recipes at <a href="http://charlotteblog.com">charlotteblog.com</a>	Roast Chicken Parisian	take a long leisurely walk