

EASY PARISIAN MEAL PLAN INSPIRED BY A COOL CAFÉ



	breakfast	lunch	dinner	
mon	Greek yogurt with honey, walnuts & raspberries	Salade de Haricots Verts	Easy Vegetable Curry	
tue	Avocado toast 	Tomato Salad w/Burrata	Omelette frites & salad	cozy seasonal unhurried meals
wed	a delicious French yogurt	Salmon Beurre & green salad w/vinaigrette	César Crispy Chicken Salad	 fresh baguettes
thu	a nice juicy pear 	Salade de Chèvre chaud	Sunny Paris Salmon w/ jasmine rice	romanitcize your menus
fri	Greek yogurt, pistachios and berries	Smoked Salmon & Avocado Tartare	Rigatoni w/ eggplant & Burrata	
sat	café au lait 	Croque Jeune Fille au Comté & frites	Chicken Paillard with Pistachio Pesto Vinaigrette	French café Jazz playlist
sun	Soft boiled eggs, toasted baguette w/jam & croissant	recipes at charlotteleblog.com	Chicken or Portobello filet w/ risotto & mozzarella	