

LA RENTRÉE: A PARISIAN SEPTEMBER RESET



	morning	afternoon	evening	
MONDAY	Greek yogurt with figs, walnuts & honey	Grated carrot salad w/vinaigrette, lentils & country bread	Leek & potato soup or Vichyssoise w/a soft-boiled egg & bitter greens	create a September playlist
TUESDAY	Whole-grain tartine with butter + coffee	Tomato, white bean & tuna salad with fresh herbs	Roast Chicken Parisian w/zucchini	
WEDNESDAY	Greek yogurt with figs & pumpkin seeds	French lentil salad with roasted vegetables & chèvre	Salmon with fennel, roasted potatoes & lemon	simple meals ~ satisfying portions
THURSDAY	Tartine, plum + café au lait	Omelette aux fines herbes, green salad & a side of frites	Risotto & Sautéed Mushrooms, drizzled w/truffle oil	
FRIDAY	Greek yogurt with berries & pistachios	Niçoise-inspired salad à la Goop	Fig & goat cheese tartine or a seasonal pizza	enjoy a pear w/ a few squares of dark chocolate
THE WEEKEND	Visit the farmers market	Bring home figs, a bunch of flowers, a loaf of bread, vegetables that look beautiful	Make soup Roast a chicken Eat outside	
		recipes at charlotteleblog.com		