

OCTOBRE: THE ART OF EATING WELL



	morning	afternoon	evening	
MONDAY	A nice juicy pear + a few walnuts	Smoked Salmon & Warm Mushrooms	Creamy Mushroom & Leek Soup with Truffle Oil	
TUESDAY	Greek yogurt w/ fresh Figs, honey & pistachio	Omelette aux Fines Herbes	Cod with Silky Leeks, Fennel & Lemon	
WEDNESDAY	a beautiful apple + a few walnuts 	Carrot, Beet & Fennel Salad	Courgettes with Herbed Yogurt & Lemon	"The final touch is where the luxury lies."
THURSDAY	Greek yogurt with Pear & pumpkin Seeds	Creamy Mushroom & Leek Soup with Truffle Oil	Roasted Baby Cauliflower with Tahini Sauce	
FRIDAY	Pear Pistachio Smoothie	Shrimp Salad w/crudité or crackers	Crisp Potatoes with Truffle Oil & Fleur de Sel	
SATURDAY	Tartine with Butter & Figs 	Assiette d'Automne	Chicken Paillard w/ Pistachio Pesto Vinaigrette	
SUNDAY	Sunday Breakfast Soufflé	recipes at charlotteleblog.com	Sunny Paris Salmon  Warm Spiced Pears	