

THE SUMMER GLOW MENU



	breakfast	lunch	dinner	
mon	Greek yogurt w/apricots, walnuts & honey	Tomato salad w/ burrata & whole grain bread	Carottes râpées*, Sunny Paris Salmon, herbed potatoes	cucumber & watermelon = hydration
tue	Golden Glow Smoothie	Chickpea Green Godess Salad	Chicken & Sweet Potatoes a la Parisian	
wed	Berry yogurt Parfait	Magical Watermelon Tomato Gazpacho w/ goat cheese tartine	Seared Salmon w/ green beans & tartar style sauce	snack on carrots, peaches, cantaloupe
thu	Golden Glow Smoothie	Niçoise salad, Goop style	Chicken Paillard w/ frites	
fri	Cantaloupe, soft boiled eggs	Caprese salad w/ avocado	Tarte Provencale	create a signature seasonal sorbet
		recipes at charlotteblog. com		Feel the glow - and the healthy