








A MARCH MEAL PLAN WITH FRESH NEW RECIPES TO WELCOME SPRING

	breakfast	lunch	dinner	
mon	Strawberry Matcha Smoothie	Avocado Tartine w/soft boiled egg, arugula & hemp seeds	Spring Vegetable Soup	lemon water in the AM herbal tea in the PM
tue	Iced Spiralina Matcha Latte & Oat Bran galette	Spring Glow Salad	Sunny Paris Salmon w/ roasted parsnips & radishes	
wed	Metabolism Master Smoothie 	Leeks Vinaigrette w/ egg, anchovies & pistachios	Roasted Baby Cauliflower with Tahini Sauce, & chickpeas	reconnect with nature
thu	matcha & yogurt with berries & hemp seeds	Spring Vegetable Soup	Mushroom scallion omelette w/salad & kiwi for dessert	
fri	Strawberry Matcha Smoothie 	Spring Glow Salad	Asparagus Mushroom Sourdough Pizza	plant new seeds
sat	matcha latte, buckwheat galette & egg	Strawberry or Frisée Salad from Flamingo Estate	Chicken Paillard w/ Pistachio Pesto Vinaigrette	
sun	Sunday Breakfast Souffle	recipes at charlotteblog.com	Spring Pasta w/ Asparagus, Artichokes & Peas	try some detox yoga