

# HOW TO DO A MEDITERRANEAN DIET THE FRENCH WAY



	breakfast	lunch	dinner	
mon	Greek yogurt with chia & blueberries	French Carrot Salad w/Tofu "Feta"	Soupe au Pesto w/seed crackers or fougasse	
tue	café or green tea	Niçoise Salad	weeknight Roast Chicken Parisian	add ground flax seed to your salad for fiber & omega 3
wed	yogurt or kefir with chia & strawberries	French Carrot Salad w/ a hardboiled egg & fougasse or seed crackers	Socca & a green salad with herbs, avocado & red pepper	
thu	café or green tea 	Amazing Chickpea Green Goddess Salad	Cold Poached Salmon w/ Dijon Mayonnaise & frites	walnuts & dried apricots make a glowy apéro
fri	café au lait	Egg Salad Stuffed Red Peppers Provençal	Pissaladière	
sat	café or green tea	Magic Mango Gazpacho	Spinach Pasta with Pistachio Pesto	get outside and soak up the vitamin D
sun	Sunday Breakfast Soufflé	recipes at <a href="http://charlotteblog.com">charlotteblog.com</a>	Roast Chicken Parisian	