

HOW TO DO A MEDITERRANEAN DIET THE FRENCH WAY



	breakfast	lunch	dinner	
mon	Greek yogurt chia seeds & blueberries	French Carrot Salad w/Tofu “Feta”	Soupe au Pesto w/seed crackers or fougasse	
tue	un café or green tea	Niçoise Salad	weeknight Roast Chicken Parisian	add ground flax seed to your salad for fiber & omega 3
wed	Greek yogurt chia seeds & strawberries	French Carrot Salad w/ a hardboiled egg & fougasse	Socca & a green salad with herbs, avocado & red pepper	
thu	un café 	Amazing Chickpea Green Goddess Salad	Sunny Pesto Salmon & frites	walnuts & dried apricots make a glowy apéro
fri	un café & avocado toast	Egg Salad Stuffed Peppers Provencal	Pissaladière & green salad	
sat	Café au lait chez Charlotte	Fennel Salad or Tapenade	Spinach Pasta with Pistachio Pesto	olive oil and Niçoise olives heart health & vitamin E
		recipes at charlotteblog.com	Don't forget the Nice Cream! 	