

BALANCED	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Omelet with organic eggs, mushroom & chives Fruit salad	Thai soup Cod fish with a vegetable julienne Chocolate cookie	<i>Green Salad with balsamic vinaigrette</i> Creamy tarragon chicken with polenta Fruit salad	Dry fruits <i>Chocolate energy ball</i>
TUESDAY	Overnight oatmeal with chocolate & nuts Red fruit salad	Beetroot hummus with beetroot leaves & veggies sticks Hachis Parmentier (beef with mashed potatoes gratin) Pineapple & ginger salad	Organic pink radish Fish stew with cream & vegetables (blanquette de poisson) <i>Homemade vanilla yoghurt</i>	Nuts <i>Dry fruits</i>
WEDNESDAY	National Holiday	National Holiday	National Holiday	National Holiday
THURSDAY	Chia seeds with red fruits & coconut milk Fruit salad	Shredded carrots & ginger Oriental salad (bulgur, cucumber, pomegranate, fresh mint) Citrus salad	<i>Baba Ganoush with vegetables sticks</i> Salmon with saffron sauce & vegetable spaghetti Homemade vanilla yoghurt	Nuts <i>Dry fruits</i>
FRIDAY	Pancakes, maple syrup Blueberry-banana smoothie	Japanese red cabbage with sesame Caesar salad Yoghurt cake	<i>Organic pink radish</i> Rougail sausage with rice (Reunion Island stew) Fruit salad	Nuts <i>Dry fruits</i>

This menu is designed for low-calorie option (1700 cal), items written in red are for high-calorie option (2000 cal).