

HIGH ENERGY	BREAKFAST	LUNCH	DINNER	SNACK
<b>MONDAY</b>	Omelet with organic eggs, mushroom & chives  Fruit salad	Cauliflower cream (Du Barry soup)  <b>Chicken green curry with rice</b>  Apple crumble	Fusilli with an impossible meat Bolognese  <b>Clams chowder with carrots celery &amp; onions</b>  Fruit salad	Dry fruits <b>Chocolate energy ball</b> <b>Homemade vanilla yoghurt</b>
<b>TUESDAY</b>	Overnight oatmeal with chocolate & nuts  Red fruit salad	Roasted pumpkin salad  <b>Truffle ham and cheese comté coquillettes pasta</b>  Pineapple salad with ginger	Quinoa salad with feta & pomegranate  <b>Calamari with ratatouille</b>  Mango cheesecake	Nuts <b>Dry fruits</b> <b>Bresaola</b>
<b>WEDNESDAY</b>	Frittata bell pepper, tomatoes, basil  Mango & passion fruit salad	Mushroom salad & parsley  <b>Moroccan couscous</b>  Caramel cream	Palak paneer with rice  <b>Salmon fillet with dill sauce &amp; mashed green peas</b>  Fruit salad	Edamame <b>Seeds energy ball</b> <b>Homemade vanilla yoghurt</b>
<b>THURSDAY</b>	Chia seeds with red fruits & coconut milk  Fruit salad	Baba ganoush with vegetables sticks  <b>Vegetarian stuffed tomato with rice</b>  Chocolate cake with English custard	Italian linguine salad  <b>Yellow fish curry with a wok of vegetables</b>  Citrus salad with fresh mint	Nuts <b>Dry fruits</b> <b>Chocolate energy ball</b>
<b>FRIDAY</b>	Pancakes, maple syrup  Blueberry-banana smoothie	Chickpeas salad with kale & pomegranate  <b>French sausage with mashed potatoes</b>  Fruit salad	Salmon gravlax salad with avocado salad  <b>Mushroom and truffle pearl barley risotto</b>  Lemon tart	Nuts <b>Dry fruits</b> <b>Bresaola</b>

This menu is designed for low-calorie option (2200 cal), items written in red are for high-calorie option (2500 cal).