

| HIGH ENERGY | BREAKFAST | LUNCH | DINNER | SNACK |
|------------------|--|---|--|---|
| MONDAY | Omelet with organic eggs, mushroom & chives Fruit salad | Thai soup Creamy tarragon chicken with polenta Fruit salad | Tomato, zucchini and pesto crumble (cold) Cod fish with a vegetable julienne Chocolate cookie | Dry fruits Chocolate energy ball Homemade vanilla yoghurt |
| TUESDAY | Overnight oatmeal with chocolate & nuts Red fruit salad | Beetroot hummus with beetroot leaves, & veggies sticks Hachis Parmentier (beef with mashed potatoes gratin) Homemade vanilla yoghurt | Vegetarian chili con carne Fish stew with cream & vegetables (blanquette de poisson) Pineapple & ginger salad | Nuts Dry fruits Bresaola |
| WEDNESDAY | National Holiday | National Holiday | National Holiday | National Holiday |
| THURSDAY | Chia seeds with red fruits & coconut milk Fruit salad | Shredded carrots & ginger Cassoulet (beans & mix meat stew) Citrus salad | Oriental salad (bulgur, cucumber, pomegranate, fresh mint) Salmon with saffron sauce and vegetable spaghetti Homemade vanilla yoghurt | Nuts Dry fruits Chocolate energy ball |
| FRIDAY | Pancakes, maple syrup Blueberry-banana smoothie | Japanese red cabbage with sesame Rougail sausage with rice (Reunion Island stew) Yoghurt cake | Caesar salad Lasagna with spinach & goat cheese bechamel Fruit salad | Nuts Dry fruits Bresaola |

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