

LIGHT DIET	BREAKFAST	LUNCH	DINNER	SNACK
<b>MONDAY</b>	Omelet with organic eggs, mushroom & chives Fruit salad	Cauliflower cream (Du Barry soup) <b>Clams chowder with carrots celery &amp; onions</b>	Green salad with Balsamic vinegar <b>Chicken green curry with rice</b> Fruit salad	Dry fruits Chocolate energy ball
<b>TUESDAY</b>	Overnight oatmeal with chocolate & nuts Red fruit salad	<b>Quinoa salad with feta &amp; pomegranate</b> Pineapple salad with ginger	Roasted pumpkin salad <b>Calamari with ratatouille</b> Homemade vanilla yoghurt	Nuts Dry fruits
<b>WEDNESDAY</b>	Frittata bell pepper, tomatoes, basil Mango & passion fruit salad	Green salad with Balsamic vinegar <b>Moroccan couscous</b>	Mushroom salad & parsley <b>Salmon fillet with dill sauce &amp; mashed green peas</b> Fruit salad	Edamame Seeds energy ball
<b>THURSDAY</b>	Chia seeds with red fruits & coconut milk Fruit salad	Baba ganoush with vegetables sticks <b>Yellow fish curry with a wok of vegetables</b>	<b>Italian linguine salad</b> with Parma ham, parmigiana, mozzarella, cherry tomato and homemade pesto Citrus salad	Nuts Dry fruits
<b>FRIDAY</b>	Pancakes, maple syrup Blueberry-banana smoothie	<b>Salmon gravlax salad with avocado (cold)</b> Homemade vanilla yoghurt	Chickpeas salad with kale & pomegranate <b>French sausage with mashed potatoes</b> Fruit salad	Nuts Dry fruits

This menu is designed for low-calorie option (1300 cal), items written in red are for high-calorie option (1600 cal).