

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

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