

VEGETARIAN	BREAKFAST	LUNCH	DINNER	SNACK
<b>MONDAY</b>	Omelet with organic eggs, mushroom & chives  Fruit salad	Cauliflower cream (Du Barry soup)  <b>Fusilli with an impossible meat Bolognese</b>  Fruit salad	Green salad with Balsamic vinegar  <b>All green curry with rice</b>  Apple crumble	Dry fruits Chocolate energy ball
<b>TUESDAY</b>	Overnight oatmeal with chocolate & nuts  Red fruit salad	Roasted pumpkin salad  <b>Quinoa salad with feta &amp; pomegranate</b>  Pineapple salad with ginger	Green salad with Balsamic vinegar  <b>cheese Comté coquillettes pasta</b>  Homemade vanilla yoghurt	Nuts Dry fruits
<b>WEDNESDAY</b>	Frittata bell pepper, tomatoes, basil  Mango & passion fruit salad	Mushroom salad & parsley  <b>Palak paneer with rice</b>  Fruit salad	Organic pink radish  <b>Vegetarian Moroccan couscous</b>  Caramel egg cream	Edamame Seeds energy ball
<b>THURSDAY</b>	Chia seeds with red fruits & coconut milk  Fruit salad	Organic pink radish  <b>Vegetarian Italian linguine salad</b> mozzarella, cherry tomato & homemade pesto  Citrus salad with fresh mint	Baba ganoush with vegetables sticks  <b>Vegetarian stuffed tomatoes with rice</b>  Homemade vanilla yoghurt	Nuts Dry fruits
<b>FRIDAY</b>	Pancakes, maple syrup  Blueberry-banana smoothie	Green salad with Balsamic vinegar  <b>Mushroom and truffle pearl barley risotto</b>  Homemade vanilla yoghurt	Chickpeas salad with kale & pomegranate  <b>Roasted vegetables with mashed potatoes</b>  Fruit salad	Nuts Dry fruits

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