

VEGETARIAN	BREAKFAST	LUNCH	DINNER	SNACK
MONDAY	Omelet with organic eggs, mushroom & chives Fruit salad	Thai soup Tomato, zucchini and pesto crumble (cold) Chocolate cookie	<i>Green Salad with balsamic vinaigrette</i> Creamy polenta with a julienne of vegetables Fruit salad	Dry fruits <i>Chocolate energy ball</i>
TUESDAY	Overnight oatmeal with chocolate & nuts Red fruit salad	Beetroot hummus with beetroot leaves, & veggies sticks Vegetarian chili con carne Homemade vanilla yoghurt	<i>Organic pink radish</i> Vegetables with mashed potatoes Pineapple & ginger salad	Nuts <i>Dry fruits</i>
WEDNESDAY	National Holiday	National Holiday	National Holiday	National Holiday
THURSDAY	Chia seeds with red fruits & coconut milk Fruit salad	Shredded carrots & ginger Oriental salad (bulgur, cucumber, pomegranate, fresh mint) Homemade vanilla yoghurt	<i>Baba Ganoush with vegetables sticks</i> French Beans stew with tomatoes and garlic Citrus salad	Nuts <i>Dry fruits</i>
FRIDAY	Pancakes, maple syrup Blueberry-banana smoothie	<i>Green Salad with balsamic vinaigrette</i> Lasagna with spinach & goat cheese bechamel Fruit salad	<i>Japanese red cabbage with sesame</i> Vegetarian Caesar salad <i>Yoghurt cake</i>	Nuts <i>Dry fruits</i>

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