



# French Meal Plan

(based on portions for one person)

Eat slowly to savor flavor and smaller portions.



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Breakfast

Light and sweet.

1 brioche roll  
1 pat butter  
Drizzle of honey  
Noisette (1 shot espresso with 1-2 drops of cream)

1 shot espresso  
½ cup cereal  
Splash of whole milk  
1 Tbsp Goji berries  
1oz walnuts

1 slice bread  
1 pat butter  
1 Tbsp fruit jam  
Noisette

8oz herbal tea  
1½ cups of fresh fruit (such as apple slices, pears and grapes)  
4oz full fat yogurt

1 shot espresso  
1 slice bread  
1 Tbsp Nutella

8oz herbal tea  
1½ cups of fresh fruit  
4oz full fat yogurt

1 shot espresso  
1 small pastry

### Lunch

Main meal.

*Usually larger than weekday lunches.*  
*L'Aperitif:* 1oz peanuts  
*Le entrée (starter):* 1 melon skewer (melon cubes, goat cheese and 1 slice prosciutto)  
*Le plat principal:* ¼ cup shrimp provencal (shrimp with red peppers, onion, tomato and spices)  
*Salade:* ½ cup mixed greens with vinaigrette  
*Plateau de Fromage (cheese plate; rarely served with other items):* 1oz brie  
*Dessert:* 1 macaron  
8oz water

*Weekday lunches are typically 2-3 courses.*  
*Le entrée:* ¾ cup arugula salad with beets, carrots and vinaigrette  
*Le plat principal:* 1 prosciutto and roquefort cheese sandwich  
8oz water

*Le entrée:* ½ cup mixed greens with vinaigrette  
*Le plat principal:* 1 cup ratatouille (sauteed eggplant, onion, bell pepper, zucchini and tomato)  
*Plateau de Fromage:* 1oz brie  
*Dessert:* 1 macaron  
8oz water

*Le entrée:* 1 cup French onion soup  
*Le plat principal:* 2 boiled eggs  
¾ cup arugula salad with beets, carrots and vinaigrette  
*Dessert:* 1 pear  
8oz water

*Le plat principal:* 1 prosciutto and roquefort cheese sandwich  
*Dessert:* ½ cup fresh fruit  
8oz water

*Le entrée:* ½ cup mixed greens with vinaigrette  
*Le plat principal:* 3oz roasted chicken breast  
*Plateau de Fromage:* 1oz brie  
*Dessert:* 1 macaron  
8oz water

*Usually larger than weekday lunches.*  
*L'Aperitif:* ½ cup radishes and salted butter  
*Le entrée:* 2oz smoked herring  
½ cup steamed green beans with roasted almonds  
*Le plat principal:* 3oz braised beef  
½ cup pasta with peas, onion and bell pepper  
*Salade:* ¾ cup arugula salad with vinaigrette  
*Plateau de Fromage:* 1oz roquefort cheese  
8oz water

### Dinner

3oz steak  
½ cup steamed green beans  
1 apple  
1oz dark chocolate  
8oz water

3oz roasted chicken breast  
½ cup cooked pasta with peas, onion and bell pepper  
8oz water

¾ cup shrimp provencal  
1oz dark chocolate  
8oz water

3oz steak  
½ cup roasted potatoes  
1oz roquefort cheese  
1 small pastry  
8oz water

1 cup ratatouille  
1oz goat cheese  
1oz dark chocolate  
8oz water

1 cup French onion soup  
1 small pastry  
8oz water

1½ cup Nicoise salad (boiled egg, potato, tuna, lettuce and capers)  
4oz crème brûlée  
8oz water

### Snack

Food is rare.

8oz herbal tea  
8oz water

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8oz water

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8oz water

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8oz water

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8oz water

8oz herbal tea  
8oz water

8oz herbal tea  
8oz water