

Weekly Capsule Menu (SPRING)



Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B	steel oats (water only), 1 fried egg, hot water w/lemon	steel oats (water only), 1 fried egg, hot water w/lemon	steel oats (water only), 1 fried egg, hot water w/lemon	steel oats (water only), 1 fried egg, hot water w/lemon	steel oats (water only), 1 fried egg, hot water w/lemon	steel oats (with heavy cream), 1 fried egg, hot water w/lemon	Soft boiled egg & Brioche soldiers w/granola & milk; black tea
S	fruit: strawberries; green tea	almonds (roasted, no salt) & raisins; green tea	Fruit: grapes; green tea	almonds (roasted, no salt) & raisins; green tea	fruit: leftover fruit; green tea	almonds (roasted, no salt) & raisins; green tea	No need, as breakfast is usually later in the morning
L	spinach salad with vinaigrette; soft boiled egg	a slice of Spring Quiche & spinach salad with vinaigrette	left-over Pea & Prosciutto Salad	spinach salad with a cooked salmon fillet	left-over salmon & legumes	dining out or leftovers	left-overs
S	almonds & raisins; black tea	sugar snap peas, almonds, cheese, black tea	sugar snap peas, almonds, cheese, black tea	carrots & raisins; black tea	raisins, almonds, cheese, black tea	Radishes & Butter on a Baguette	carrots & raisins
D	Spring Quiche w/Mushrooms & Asparagus (make ganache for chocolate truffles)	Pea & Prosciutto Salad (ad slices of baguette) Dark Chocolate Truffles (one an evening as a daily ritual)	Morel & Parmesan Clafoutis; green salad w/homemade vinaigrette	Panko encrusted Salmon & French Legumes with carrots	Pasta Primavera w/English peas & Asparagus Dessert - Strawberry & Rhubarb Tart; or dining out or take-out	Spaghetti Aglio e Olio w/cooked salmon fillet; or dining out	Sautéed Salmon w/chives Leftover Strawberry & Rhubarb Tart

~Find all of the recipes on the blog: <http://www.thesimplyluxuriouslife.com/recipes>