

# WHAT MY FRENCH NUTRITIONIST HAS ME EATING

## BREAKFAST

Black coffee or tea  
1 yoghurt, 2% plain, with 1 teaspoon sugar or jam  
2 slices toast with butter  
1 piece of fruit

## LUNCH

Protein 150 grams (5.3 oz)  
Starches 150 grams (5.3 oz)  
Vegetables to make up half the plate  
1 yoghurt, 2% plain, with 1 teaspoon sugar or jam  
1 piece of fruit

## SNACK

1 piece of toast with 1 teaspoon jam  
1 yoghurt, 2% plain, with 1 teaspoon sugar or jam

## DINNER

Protein 150 grams (5.3 oz)  
Starch 100 grams (3.5 oz)  
Vegetables to fill half the plate  
1 yoghurt, 2% plain, with 1 teaspoon sugar or jam  
1 piece of fruit

## ADDITIONS

4 tablespoons oil, cream, butter or sauce per day. One of 4 yoghurts per day can be replaced with 30 grams of cheese (1 oz).

## SUBSTITUTES

You can substitute milk for yoghurt, or in place use soy.  
You can have 2 squares of chocolate in place of fruit 3x a week - or a scoop of ice cream in place of both fruit and yoghurt.  
You can swap out a glass of wine or beer for the fruit.  
You can have tofu in place of meat - but lentils, and beans are starch..

## MOST IMPORTANT

Count three seconds in between bites.  
This is more important than anything else.

## ALSO NECESSARY

8 glasses of water per day  
Exercise 2x a week

## DON'T FORGET

Come back to [aladyinfrance.com/nutritionist](http://aladyinfrance.com/nutritionist) for more details, and pin for future reference. If I have updates to add, I'll include the links on the original post.