

7 day Montignac meal plan for weight loss - www.montignac.com

Breakfast	Monday	Monday	Wednesday	Thursday	Friday	Saturday	Sunday
type	CP	CP	CP	CP	CP	CP	PF
	<ul style="list-style-type: none"> • Grapefruit • 2-3 buckwheat pancakes + Montignac sugar free jam • Fat free cottage cheese 	<ul style="list-style-type: none"> • 1 diluted lemon juice (on an empty stomach)* • 1/2 mango • 2-3 slices Montignac integral bread + Montignac sugar free jam • Fat free yoghurt 	<ul style="list-style-type: none"> • 1 diluted lemon juice (on an empty stomach)* • Montignac oat flakes (30-50 gr) + soya milk (hazelnut) • Fat free cottage cheese + Montignac sugar free jam 	<ul style="list-style-type: none"> • 1 diluted lemon juice (on an empty stomach)* • Kiwi • 2-3 toasted slices of Montignac integral bread + thin layer of non-hydrogenated margarine** + Montignac sugar free jam • Plain soya yoghurt 	<ul style="list-style-type: none"> • 1 diluted lemon juice (on an empty stomach)* • Apple • Montignac Muesli (30-50 gr) + fat free milk • Fat free yoghurt + Montignac sugar free jam 	<ul style="list-style-type: none"> • 1 diluted lemon juice (on an empty stomach)* • Pineapple • Montignac integral bread + Montignac sugar free jam • Fat free yoghurt 	<ul style="list-style-type: none"> • 1 diluted lemon juice (on an empty stomach)* • Apple • Smoked salmon + onions • Cottage cheese • Almonds 30g
	<i>Decaf coffee or light Arabica, chicory, (herbal) tea, soya milk/fat free milk</i>	<i>Decaf coffee or light Arabica, chicory, (herbal) tea, soya milk/fat free milk</i>	<i>Decaf coffee or light Arabica, chicory, (herbal) tea, soya milk/fat free milk</i>	<i>Decaf coffee or light Arabica, chicory, (herbal) tea, soya milk/fat free milk</i>	<i>Decaf coffee or light Arabica, chicory, (herbal) tea, soya milk/fat free milk</i>	<i>Decaf coffee or light Arabica, chicory, (herbal) tea, soya milk/fat free milk</i>	<i>Decaf coffee or light Arabica, chicory, (herbal) tea, soya milk/fat free milk</i>
Lunch	Monday	Monday	Wednesday	Thursday	Friday	Friday	Sunday
type	PF	PF	PF	PF	CP/PF light	PF	PF
	<ul style="list-style-type: none"> • Carrot salad with vinegar & olive oil • Roast chicken • Baked chicory with parsley • Apple 	<ul style="list-style-type: none"> • Lamb's lettuce with vinegar & olive oil • Omelet with tomatoes, onions and parsley • Montignac lentils • Poached pear 	<ul style="list-style-type: none"> • Leeks with vinaigrette • Rump steak • Montignac ratatouille • Camembert 	<ul style="list-style-type: none"> • Salad made of red cabbage and eggs salad with vinegar & olive oil • Roast turkey • Flageolets • Poached pear 	<ul style="list-style-type: none"> • Slivered black raddish with salt • Steamed whiting • Traditional cabbage • Fruit puree (prune) 	<ul style="list-style-type: none"> • Chicory salad with vinegar & olive oil • Grilled sea bream • Celery with olive oil d'olive • Pineapple 	<ul style="list-style-type: none"> • Chicory salad with vinegar & olive oil • Sirloin steak • French beans • Dried apricots, walnuts and square of chocolate
Diner	Monday	Monday	Wednesday	Thursday	Friday	Friday	Sunday
type	CP/PF light	CP/PF light	CP/PF light	CP/PF light	CP/PF light	CP/PF light	CP
	<ul style="list-style-type: none"> • Vegetable soup • Poached sole filet • Mushooms with parsley • Apricot mouse 	<ul style="list-style-type: none"> • Oven salmon steak with dill and lemon • Steamed brocoli • Apple puree without sugar 	<ul style="list-style-type: none"> • Low GI Montignac spaghettis with Montignac tomato sauce • Pineapple 	<ul style="list-style-type: none"> • Montignac lentil soup • Spinach • Fat free yoghurt 	<ul style="list-style-type: none"> • Cabbage soup (use the lunch remaining) • Houmous • A handful of walnuts and a few slices of apple 	<ul style="list-style-type: none"> • Montignac low GI tagliatelle with Montignac tomato sauce • Persimmon 	<ul style="list-style-type: none"> • Panga filet • Jerusalem artichoke puree • Kiwi

-- Montignac products -- Recipes

NB: persons suffering from gas/bloating should eat fruits 2 to 3 hours before or after meals

* For a better digestion, lemon juice should be taken 20 minutes before any carbohydrates.

** Only with Montignac integral bread GI < 35

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Montignac shopping list	Quantity for 1portion
1 Montignac fructose	25-30 g max
1 Montignac sugar free jam	3 à 4 teaspoons
1 Montignac integral bread	2-3 slices
1 Montignac tomato sauce	80 g
1 Montignac oat flakes	30-50 g
1 Montignac green lentils	80-20 g
1 Montignac muesli	30-50 g
1 Montignac low GI spaghetti	100-150 g dried weight, (cooking 5 minutes)
1 Montignac low GI tagliatelle	100-150 g dried weight, (cooking 5 minutes)
1 Montignac ratatouille	150-200 g
1 Montignac wholegrain Basmati rice	80-120 g

Ingredients Recipes

1- Apricot mousse

500g apricots
 1 lemon
 2 tablespoons fructose
 2 leaves (two thirds of sachet) gelatine
 150g fromage frais (20 % fat)
 100g low-fat cream

3- Traditional cabbage

1 large cabbage - about 1.5kg (3¼lb)
 250g (9oz) diced streaky bacon
 2 onions - sliced
 1 bouquet garni (bay, thyme and parsley)
 2 beef stock cubes
 Goose fat
 Salt, freshly ground pepper

2- Lentils soup

300 g (10 ½ oz) green or brown lentils
 60 ml (¼ cup) olive oil
 1 minced onion
 1 minced garlic clove
 1 chopped celery stick
 125 ml (½ cup) sliced mushrooms
 250 m (1 cup) tomatoes in tin
 1 bunch chopped parsley
 10 ml (2 teaspoons) dried marjoram
 10 ml (2 teaspoons) thyme
 7 ml (1 ½ teaspoons) coriander
 5 ml (1 teaspoon) cumin
 5 ml (1 teaspoon) turmeric
 4 bay leaves
 1 clove
 Salt and pepper
 1,5 l (6 cups) fat free vegetable stock
 250 ml (1 cup) cream 15 %

4- Celery with olive oil

500 ml (2 cups) celery cut in cubs
 125 ml (½ cup) extra virgin olive oil
 60 ml (¼ cup) minced onion
 Dried and crushed hot peppers
 2 minced garlic cloves
 Rosemary (according to taste)
 Salt and pepper

1- Apricot mousse

CP/PF light

Preparation time: 15 minutes

Refrigeration time: 1 hour

Ingredients

500g apricots

1 lemon

2 tablespoons fructose

2 leaves (two thirds of sachet) gelatine

150g fromage frais (20 % fat)

100g low-fat cream

Blanch the apricots in boiling water for 1 minute. Drain, skin and cut in half to remove the pit.

Blend to a purée and add the lemon juice and the fructose.

If using gelatine leaves, soften in cold water and drain. Melt the gelatine in 2 tablespoons water in a bain-marie and immediately combine with the apricot purée.

Whip the fromage frais and add to the mixture, combining thoroughly.

Pour the mousse into ramekins and set in the refrigerator for 3 hours.

Serve well chilled.

2- Lentil soup

CP/PF light
Serves 4

Ingredients

300 g (10 ½ oz) green or brown lentils
60 ml (¼ cup) olive oil
1 minced onion
1 minced garlic clove
1 chopped celery stick
125 ml (½ cup) sliced mushrooms
250 ml (1 cup) tomatoes in tin
1 bunch chopped parsley
10 ml (2 teaspoons) dried marjoram
10 ml (2 teaspoons) thyme
7 ml (1 ½ teaspoons) coriander
5 ml (1 teaspoon) cumin
5 ml (1 teaspoon) turmeric
4 bay leaves
1 clove
Salt and pepper
1,5 l (6 cups) fat free vegetable stock
250 ml (1 cup) cream 15 %

Filter and wash the lentils under water. Put them in a big pan. Cover generously the lentils with cold water and bring to the boil. After the boil, cook for about 3 minutes, then drain.

In another pan, heat the olive oil. Brown the onion and garlic and cook for a further 5 minutes.

Add to the pan the celery, mushrooms, tomatoes, herbs, lentils and vegetable stock. Simmer uncover for 30 to 40 minutes or until the lentils are tender.

When the lentils are cooked, put half of the preparation in a blender to get a puree (do not forget beforehand to remove the bay leaves). Put the puree into the pan and add the cream.

Re heat for 5 minutes taking care that the soup does not stick with the bottom of the pan.

3- Traditional cabbage

PL

Serves 5/6

Preparation time: 15 minutes

Cooking time: 2 hours 20 minutes

Ingredients

1 large cabbage - about 1.5kg (3¼lb)
250g (9oz) diced bacon
2 onions - sliced
1 bouquet garni (bay, thyme and parsley)
2 beef stock cubes
Goose fat
Salt, freshly ground pepper

Heat a large pan full of salted water. Remove the outer leaves of the cabbage. Quarter. Remove the stem and the larger stalks.

Blanch for 20 minutes. Drain well.

In a large casserole, melt 1 tablespoon goose fat and gently fry the diced bacon over a low heat. Then add the sliced onions and fry until golden brown.

Add the cabbage leaves, bouquet garni and crumble the stock cubes over the top. Cover with water. Season lightly with pepper and salt.

Cover and boil gently for 2 hours.

Put in a shallow dish, remove the bouquet garni, then serve.

4- Celery with olive oil

PF

Serves 4

Ingredients

500 ml (2 cups) celery cut in cubs
125 ml (1/2 cup) extra virgin olive oil
60 ml (1/4 cup) minced onion
Dried and crushed hot peppers
2 minced garlic cloves
Rosemary (according to taste)
Salt and pepper

In a pan, blanch for about 3 minutes the celery cubes in slightly salted boiling water. Take off the heat and drain. Put aside.

In a casserole, heat the olive oil until slightly warm. Take off the heat. Add the minced onion, hot peppers, garlic cloves and rosemary. Season with salt and pepper and mix.

Put the celery in a bowl and add the oil flavored with onion, peppers.

Mix well and serve.