CHALLENGES





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Never hungry on the River Concerto

Info

Friday, December 21, 2012

Back in the USA! A wonderful trip exploring the Christmas Markets along the Rhine from Basel to Amsterdam, marred only by the horrible news from Connecticut.

After sleeping for 12 hours, I had my regular breakfast of peanut butter on ww toast with OJ and coffee.

This is what the breakfast buffet looked like on the River Concerto.



I began each day with lots of fresh fruit, yogurt, oat cereal, scrambled eggs and cheese and a few strips of bacon. I avoided the pastries, pancakes, waffles, syrups, deli meats and assorted sausages. With all the fresh citrus available, there was no need for my morning orange juice either.

Lunch and Dinner were from the menu:

Appetizer, soup, entrée, dessert with a salad and pasta buffet available as alternatives or additions. I always included salad (so many types of fresh vegetables and fruit!!), but I skipped the pasta. More on this tomorrow

This was an amazing AND healthy trip. I gained only 2 pounds and I bet some of that is due to the salty airplane food on the way home. Now it's time to get back to real life. No one to ask if "Madame would like more coffee" Sigh!

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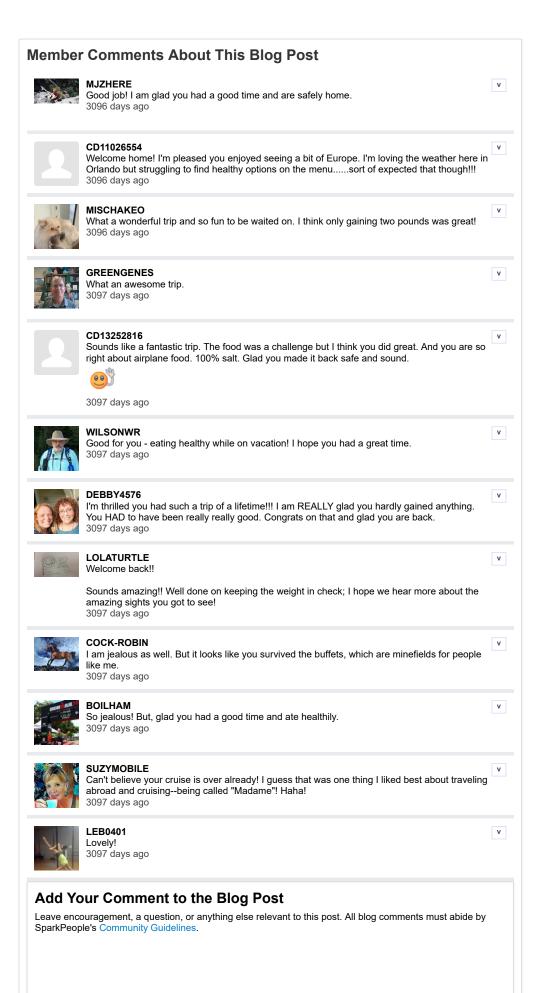
Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021

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	4
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