



BROOKLYN_BORN

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Never hungry on the River Concerto

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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MJZHERE

Good job! I am glad you had a good time and are safely home.
3096 days ago



CD11026554

Welcome home! I'm pleased you enjoyed seeing a bit of Europe. I'm loving the weather here in Orlando but struggling to find healthy options on the menu.....sort of expected that though!!!
3096 days ago



MISCHAKEO

What a wonderful trip and so fun to be waited on. I think only gaining two pounds was great!
3096 days ago



GREENGENES

What an awesome trip.
3097 days ago



CD13252816

Sounds like a fantastic trip. The food was a challenge but I think you did great. And you are so right about airplane food. 100% salt. Glad you made it back safe and sound.



3097 days ago



WILSONWR

Good for you - eating healthy while on vacation! I hope you had a great time.
3097 days ago



DEBBY4576

I'm thrilled you had such a trip of a lifetime!!! I am REALLY glad you hardly gained anything. You HAD to have been really really good. Congrats on that and glad you are back.
3097 days ago



LOLATURTLE

Welcome back!!

Sounds amazing!! Well done on keeping the weight in check; I hope we hear more about the amazing sights you got to see!
3097 days ago



COCK-ROBIN

I am jealous as well. But it looks like you survived the buffets, which are minefields for people like me.
3097 days ago



BOILHAM

So jealous! But, glad you had a good time and ate healthily.
3097 days ago



SUZYMOBILE

Can't believe your cruise is over already! I guess that was one thing I liked best about traveling abroad and cruising--being called "Madame"! Haha!
3097 days ago



LEB0401

Lovely!
3097 days ago



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