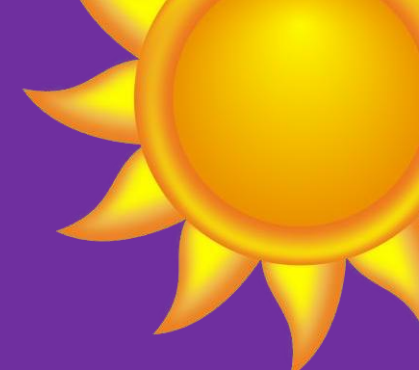


SOBREMESA

The Farm to table project

Tenerife



BALANCED MEAL PLANNER

Day 1

Breakfast:

Roasted Veg & Goat Cheese Breakfast Bowl. Quinoa, cherry tomatoes, roasted zucchini, chickpeas

Lunch:

Grilled chicken salad with kale, avocado, pomegranate seeds, quinoa, and a light sesame-ginger dressing.

Dinner:

Steamed prawns with mango-papaya salsa, served with a side of steamed brown rice and steamed kale.

Snack 1:

Roasted seaweed (wakame)

Snack 2:

Fresh pineapple slices with a drizzle of honey.

Day 2

Breakfast:

Homemade Granola Clusters with Exotic Fruit & Coconut Yogurt Baked with almond, coconut, and seeds

Lunch:

Quinoa and lentil salad with roasted goat meat, kale, mango chunks, and a lime-cilantro dressing.

Dinner:

Salmon fillet with wakame seaweed salad and steamed broccoli, drizzled with a miso-honey glaze.

Snack 1:

Cactus fruit slices with a pinch of sea salt.

Snack 2:

Handful of mixed nuts (almonds, walnuts).

Day 3

Breakfast:

Gluten-Free Buckwheat Pancakes with Mango compote cooked in coconut oil

Lunch:

Chicken and avocado wrap with mixed greens, pomegranate seeds, and a light wasabi mayo.

Dinner:

Grilled goat chops with mango salsa, served with quinoa and steamed kale.

Snack 1:

Raw vegetable sticks (carrot, cucumber) with avocado hummus.

Snack 2:

Fresh cactus fruit smoothie.

Day 4

Breakfast:

Quinoa Porridge with Grilled Pineapple & Cashew Cream cooked in coconut milk

Lunch:

Lentil and quinoa salad with shredded chicken, avocado, papaya chunks, and a ginger-lime dressing.

Dinner:

Pan-seared prawns with wakame and mixed vegetable stir-fry, lightly seasoned with soy sauce and honey.

Snack 1:

Roasted edamame beans.

Snack 2:

Handful of mixed seeds (pumpkin, sunflower).

Day 5

Breakfast:

Sweet Potato & Avocado Smash on Grain Toast
Pomegranate and microgreens

Lunch:

Grilled salmon salad with quinoa, kale, pomegranate seeds, and citrus vinaigrette.

Dinner:

Slow-cooked goat stew with tropical fruit chutney (mango and papaya), served with brown rice.

Snack 1:

Fresh papaya slices with a squeeze of lime.

Snack 2:

Natural yogurt with a drizzle of honey and crushed pistachios