



SOBREMESA

TENERIFE

Day 1

****Lunch:****

Baked Aubergine Mussaka with Garden Salad - Kcal: 370

Layers of grilled aubergine filled with braised mince beef, tomato and gluten free bechamel, then topped with goat cheese (Queso fresco).

****Dinner:****

Grilled Cajun Chicken Salad - Kcal: 321

Air-Roasted chicken fillets with Cajun spices served with a salad of sliced avocado, cherry tomato, green beans, boiled egg, olives, orange segments and spring onions, apple cider vinegar

Day 2

****Lunch:****

Chilli Con Carne - Kcal without sides: 388

Braised mince beef with tomato, green beans beans (for lower calories), coriander, onion, garlic, cumin, smoked paprika and a hint of chilli, served with choice of steamed rice or cauliflower rice or potato and a pot of pico de gallo,

Kcal on steamed rice: 130

Kcal on cauliflower rice: 25

****Dinner:****

Chicken & Prawns Sweet Chilli - Kcal:367

Chicken and prawns tossed with broccoli, bell peppers, red onions, mushroom and coriander with a hint of chilli, rice wine and agave syrup over courgette noodles, garlic, ginger and sesame oil.

Notes for special request: Vegan options available - All recipes are Gluten free

Day 3

****Lunch:****

Low Carb Sea-food Paella - Kcal: 354

Braised cauliflower rice in onions, peppers, garlic, saffron tomato and parsley with prawns and grilled fish, served with cabbage and tomato salad, olive oil lime dressing.

****Dinner:****

Light Meat-loaf Napolitana and Cauliflower mash - Kcal: 355

Mix of Turkey, pork and cauliflower mince rolled into a meatloaf with paprika and tofu mousse, served with cauliflower mash and napolitana sauce.

Day 4

****Lunch:****

Grilled Fish, Zucchini Pancakes and Garden Salad - Kcal: 301

Daily market fish fillets, courgettes and basil pancakes, tomato, onion, cucumber and leaf salad

****Dinner:****

Beef & Broccoli Meat balls with Ratatouille - Kcal: 325

Steamed meatballs made with chicken and broccoli, served with vegetable ratatouille and cabbage tomato salad.

Day 5

****Lunch:****

Shrimps Stir-Fried Rice – Kcal: 321

Light recipe made with cauliflower rice, tossed with peas, bell peppers, ginger, garlic, red onions, coriander, shrimps and poached egg and dressed with drizzle of sesame oil

****Dinner:****

Skewers of Chicken & Pineapple with Orange Peanut Satay - Kcal: 295

Grilled chicken thighs marinated in orange garlic and ginger, served with tangy coconut peanut satay sauce and a choice roasted potato, rice or cauliflower rice with side of cabbage tomato salad.

Notes for special request: Vegan options available - All recipes are Gluten free

Day 6

****Lunch:****

Greek Tuna Salad, Sweet Beetroot – kcal: 318

Tuna with cucumber, mint and feta served with salad cubes of mixed beetroot, carrots, orange, red onions, honey and apple cider vinegar

****Dinner****

Grilled Kofta with Tabouleh – kcal:381

Lamb and cauliflower minced with parsley, roasted shallots and touch of mustard, then grilled and served with parsley and pomegranate tabouleh salad.

Day 7

****Lunch****

Fish-Cakes with Wakame Salad – kcal: 189

Home made fishcakes made to order with local white fish, zucchini, ginger, garlic, chives and garden peas. Served with Wakame and cucumber salad and citrus ponzu dressing

****Dinner****

Low Carb Chicken Kiev with Apple Celery and Walnut salad – kcal:329

Thin slice of chicken filled with a spread of spinach, tofu, coconut yogurt and garlic, then rolled and breaded with almond flour then cooked to perfection in our Air-fryer. Served with apple celery walnut salad.

Notes for special request: Vegan options available - All recipes are Gluten free