

Organic and natural food gluten free, milk free meal plan menu for 5 days.

All the food ingredients will be purchased from Puerto Rico local organic and natural farms.

Breakfast.

Day 2.

- [Arroz con dulce](#) rice pudding, made with almond milk, coconut milk, spices, ginger, raisins, honey and nuts. (one medium size piece per person)
- Fruit salad (mix of fresh tropical fruits)
- 2 slices of toasted gluten free bread with avocado slices on the top (I know where to buy gluten free bread here in PR. The cost for 1 Lb = \$7.00)
- **One** medium size cup of freshly made fruit juice (orange or water melon)
 - One cup of either Puerto Rico coffee or cocoa drink or tee

Day 3.

- **Avena** - hot [oatmeal](#) with cinnamon, vanilla, honey, raisins, and butter served with fresh bananas, berries and nuts
- 2 eggs (over easy) + 2 slices of toasted gluten free bread with butter
- **One** medium size cup of freshly made fruit juice (orange and water melon)
- One cup of either Puerto Rico coffee or cocoa drink or tee

Day 4

- **Arroz con leche** - rice with almond milk. Rice is cooked until sticky with almond or coconut milk, honey and cinnamon. It is then served with fruits and nuts.
- 2 slices of toasted gluten free bread with avocado slices on the top
- **One** medium size cup of freshly made fruit juice (orange and water melon)
- One cup of either Puerto Rico coffee or cocoa drink or tee

Day 5.

- **Plátanos maduros o Batatas asadas** - sweet plantains or [batata](#) (type of sweet potato) baked with spices and served with 2 eggs. Sweet plantains are sometimes mashed with almond milk and butter.
- 2 slices of toasted gluten free bread with honey and nuts on the top
- **One** medium size cup of freshly made fruit juice (orange and water melon)
- One cup of either Puerto Rico coffee or cocoa drink or tee

Day 6.

- **Tortilla de Huevos** - an [omelet](#) made with diced tomatoes, cilantro, onions, peppers, garlic, orégano, and cheese.
- 2 slices of toasted gluten free bread with honey and nuts on the top
- **One** medium size cup of freshly made fruit juice (orange and water melon)

- One cup of either Puerto Rico coffee or cocoa drink or tee

Lunch.

Day 2.

This is picnic lunch” to go” .

- **Escabeche de Guineo con Mollejas** - Unripe, green bananas and chicken gizzards pickled in a garlicky brine.
- Salad (potatoes, carrots, beets and beans in even proportion amount boiled and then cut in small squares. Ad some olives, green and regular onions, a bit of fresh parsley and dill. Mix all this ingredients well. Dress with olive oil + salt, black paper, lemon or lime juice.)
- 4 small corn tortillas
- 3 bananas
- Fruit ice tee (16 oz per person)
Fruit ice tee recipe:
1 gallon of boiled water.
2 fresh apples
2 fresh mangos with skin
½ cup of honey
8 individual packs of green tee
Cut the fruits in small pieces. Ad boiled water, green tee and honey. Mix and let it stay in worm place for minimum 1 hour. Filter this tee from fruits and tee packets to the container and cool it.
- Spring fresh water

Day 3.

Lunch will be taking place in our hotel restaurant.

- **Rice and beans** - Rice, invariably accompanied by beans (*arroz con habichuelas*) or *gandules* (pigeon peas) are richly stewed with chicken, potatoes, squash, *recaíto* and spices, Spanish-style, before being poured over the rice.
- 1 cup (16 oz) freshly made mango smoothies . (cut fresh mango + 50% water + a little honey. place it to the mixer, shake up.
- 1 cup (16 oz) of ice water (with lime as an option)

Day 4.

Group will have a lunch at the Taino organic farm cooked by Taino people.

Day 5.

This is picnic lunch” to go” and will be packed in the cooler for the group

- *Jibartia* a sandwich using ripe sweet plantains as bread with cheese and fresh vegetables. Typically served with Spanish rice, *Jibaritos* consist of a meat along with mayonnaise, cheese, lettuce, tomatoes and onions, all sandwiched between a fried plantain, known as a *cano* (canoe).
- 3 slices of watermelon + 3 bananas
- Fruit ice tee (16 oz)
- Ice water (slice of lime as an option)

Dinner.

Day 1.

- **Habichuelas guisadas y viandas** - Stew red beans cooked with *recaíto*, tomato sauce, olives, spices, carrots, squash, sweet potato, and yams.
- Grilled chicken BBQ style
- Fresh pumpkin salad: take fresh pumpkin, fresh cucumber and fresh water melon peel and grater all this ingredients (even proportions). Mix with a little honey and dry cranberries. Dress with olive oil+ salt+ lemon juice.
- Small cup of hot chocolate for desert
- Ice water

Day 2.

- **Piononos** - Pionones are mashed sweet plantain patties filled with picadillo, or seasoned ground beef, and cheese.
- Egg plant salad: in oven bake eggplant until it soft, peel the skin off and cut eggplant really small pieces. Cut fresh tomatoes, onion, sweet paper, garlic, basil, cilantro small pieces. Mix all ingredients good. Ad salt, olive oil + lime juice. Mix again. (for 3 big eggplants ad 2 big tomatoes, one medium onion, one big sweet paper, 5 peels of fresh garlic, one cup of cilantro, ½ cup of fresh basil. This will make 4 portions)
- Pumpkin soup small cup per serving:

Cut fresh pumpkin with skin to medium pieces. Cut fresh onions and potatoes. Put all the ingredients to the pot and ad water just to cover vegetables. Boiled until veggies will be soft, but do not over boiled them. Then mush all the veggies good in the pot with water in it to be smoothy consistency. Ad salt, olive oil and find grated nutmeg for test.

- Ice water

Day 3.

- **Mofongo** - made with fried unripe plantain and other root vegetables mashed with garlic, baked chicken, olive oil, and natural broth.
- Chicken noodle soup made from real chicken and fresh vegetables. (gluten free noodles)
- Fruit Sorbet for Dessert
- Ice water

Day 4.

- **Traditional vegetable Puerto Rican soup**
- Pasta w/chicken & Veggies (gluten free pasta)
- Milk shake with almond milk with fruits and honey for desert.
- *Ice water*

Day 5.

- Pastelón can be made with [cassava](#), sweet plantains, potatoes or cornmeal. All starch is boiled then mashed with a little **almond** milk. The mashed dough is then layered with shredded chicken that has been cooked with tomato paste, onions, peppers and garlic. Cheddar cheese is then layered on top of meat. Most cooks add their own flair by adding chicken bouillon, oregano, hard boiled eggs, olives and/or raisins
- Italian Garden salad (tomatoes, cucumber, fresh pumpkin grated on grater, sweet papers chopped, olives, green onions, sprouts, cilantro, mint, garlic, basil. Mix all ingredients and dress with olive oil, salt, black pepper and lime juice)
- **Almond milk with fruits and chocolate smoothie for desert**
- **Ice water**