

MEAL Meal Preparation PREPARATION

MEAL #1

Salmon Ceviche

horseradish cilantro sauce

MEAL #2

Grilled Romaine Caesar

manchego w/ fried anchovies

MEAL #3

Stuffed Pork Tenderloin

Mozzarella, Caramelized Sweet Plantains

MEAL #4

Puerto Rican Style Risotto (Rice And Pigeon Peas)

Smoked Ham, Peppers & Onions

MEAL #5

Vegetable Tagine

Farmers Market, Lemon, Herbs, Cream