



# Spanish Meal Plan

(based on portions for one person)



## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

### Breakfast

Light or even skipped. Usually eat again mid-morning.

1 slice toast with jam

8oz black coffee (splash of milk if desired)

*Mid-Morning:*

8oz black coffee

1-2 pinchos (skewered snack; piece of bread with meat, cheese, egg or condiment)

8oz black coffee

*Mid-Morning:*

8oz black coffee

1 small sweet roll

8oz black coffee

*Mid-Morning:*

8oz black coffee

1 slice grilled bread with tomato and garlic

8oz black coffee

*Mid-Morning:*

8oz black coffee

1-2 pinchos

1 slice toast with jam

8oz black coffee

*Mid-Morning:*

8oz black coffee

1-2 breakfast cookies

8oz black coffee

*Mid-Morning:*

8oz black coffee

1 slice grilled bread with tomato and garlic

1 slice toast with jam

8oz black coffee

*Mid-Morning:*

8oz black coffee

1-2 pinchos

### Lunch

Often served with bread.

½ cup paella (use seafood, meat, poultry and/or chorizo)

1 cup fresh cherries

1 espresso

1 cup porrusalda (vegetable soup with carrots, potato, leeks and onion)

1 roasted chicken breast

½ cup fried potatoes

1 small crema catalana (similar to creme brulee)

1 espresso

2-5 albondigas (beef/pork meatballs in seasoned tomato sauce and drizzled with almond sauce)

1 cup citrus fruit

1 espresso

1 cup cocido madrilenio (chickpea stew, often with other meats)

¼ cup spanish chorizo slices

1oz cheese (such as manchego)

1 small pastry

1 espresso

1 cup sopa de ajo (garlic soup)

4-5 gambas a la plancha (whole shrimp with shells; salt and lemon)

1 cup remojon salad (oranges, salted cod or tuna, red peppers, scallions, garlic, wine vinegar)

1 small Spanish flan

1 espresso

1 cup gallina en pepitoria (chicken breast in a sauce of jamon, garlic, white wine, saffron, parsely)

¾ cup rice

1 banana

1 espresso

1 cup pisto manchego (similar to ratatouille; can be served with a fried egg)

6oz garlic shrimp

1 cup Xato (endive, anchovies, olives, tuna, cod, vinegar, hazelnuts and almonds)

1 small pastry

1 espresso

### Dinner

Full meal or tapas late at night.

1 slice Spanish omelette with salmon

1 cup fresh green salad

1 small Spanish flan

1 cup arroz cubano (white rice with tomato sauce and fried egg)

1 banana

1 pincho (such as olive, anchovy and hot pepper or croquette)

6oz bacalao (salted cod in olive oil and juice of the fish)

¾ cup potato wedges

2 Tbsp bravas sauce (spicy)

2 Tbsp aioli

1 cup citrus fruit

1 serving empanadillas gallegas (beef or tuna turnovers; can be made like a pie or individual servings)

1 small crema catalana

1 cup gazpacho (cold soup)

1 cup citrus fruit

1 cup pipirrana rin ran (cold mixture of hardboiled egg, potatoes, cumin and even leftovers)

½ cup olives

1oz cheese

### Snack

Usually late afternoon or early evening.

1 slice bread with jamon (ham; could use salami)

1 slice French bread with slice of chocolate

4oz Spanish hot chocolate

1 small churro

1 slice French bread with slice of chocolate

1 slice bread with jamon

4oz Spanish hot chocolate

1 small churro

1 slice French bread with slice of chocolate