

A sample week

Real dishes from recent plans, cooked by our chef, Frank. Your week is built around you, so yours will look different.



Caprese with house pesto and heirloom tomato



Catalan fricandó, slow-cooked beef with mushrooms



Carrilleras asadas with rice and sweet potato purée

DAY	LUNCH	DINNER
Monday	Catalan fricandó, slow-cooked beef with mushrooms	Oven-baked salmon with lemon crust Buckwheat with sautéed edamame
Tuesday	Caprese with house pesto and heirloom tomato	Free-range chicken with coconut & mild curry Millet with seasonal vegetables
Wednesday	Harissa chicken	Lean beef meatballs in fresh tomato Durum-wheat semolina pasta
Thursday	Carrilleras asadas with rice and sweet potato purée	Herb-roasted turkey with mushrooms Braised pardina lentils with vegetables
Friday	Miso salmon	Chickpea hummus with crudité and tortilla Rustic millet & pumpkin base

Frank cooks every dish the day before delivery. One menu for the household, with portions sized for each person.

How we build your week

- **Allergies and restrictions**

Gluten-free, lactose-free, vegetarian, no pork. Tell us upfront and the whole week is planned around them.

- **Portions per person**

The chef asks each adult's age, weight and activity level and sizes portions individually: your protein and calories, your partner's, separately.

- **Goals**

If macros matter to you, our nutritionist can set them, booked separately.

- **Your feedback**

Week one is a starting point. Tell us what landed and what didn't, and we refine it over the first three weeks.

Delivery

Twice a week, with our own drivers: Monday morning (covers Monday, Tuesday and Wednesday lunch) and Wednesday afternoon (covers Wednesday dinner, Thursday and Friday). No Glovo or Uber Eats, so the cold chain stays intact.

Prices

One meal

€20–28

Two meals

€35–43

Full day

€49–57

Per adult per day. VAT included, delivery separate. Families pay less per head. A full day is breakfast, lunch, snack and dinner.

Want your own week?

Fill in the form and the chef gets back to you, usually within 24 hours.

healthyfoodbcn.com