



7 Days of Well Being Programme

Programme's objective: Do a nutritional analysis of your body based on age, weight and height. Know the best feed practices for a healthy life and customs.

Contents:

The programme begins on a Saturday with **one consult with the nutritionist** for the first analyse of:

- Body fat percentage
- Body fat weight
- Body mass rate
- Body impedance
- Basal metabolism rate
- Low fat mass
- Percentage of water, quantity of water in litres and energy consumption

7 Days in full board (breakfast, lunch and dinner) with **Balance Menu**

All courses from the Balance Menu were suggested by the villa's Termal nutritionist and prepared according to its suggestions and guidelines.

7 Days Treatments at the Thermal Spa:

- 3 x **Local Aromatic Massage** (30') - reducing and invigorating massage, on the legs area
- 3 x **Jet Shower** (10') - Invigorating effect directed water jet.
- 1 x **Body Peeling** (30') - Body exfoliation as preparation for the general wrapping
- 2 x **Anti-cellulite Wrapping up** (30')
- 1 x **Acquatermal Massage** (10')
- 1 x **Aromarelay Massage** (40')
- 1 x **Slim Bath** (10')

PRICE

	01/03 - 30/06	01/07 - 30/09	01/10 - 28/02
Double Room	1.201,00 Euros	1.264,00 Euros	1.131,00 Euros
Single Room	1.369,00 Euros	1.502,00 Euros	1.299,00 Euros

Notes:

1. Along with the 7 Days of Well Being Programme, Meals and Treatments, Villa Termal das Caldas de Monchique suggests some outdoor activities, namely hiking.
2. If the client wishes, is it possible to have another consult with the Villa Termal nutritionist, which will be invoiced separately.



BALANCE MENU

SATURDAY

Lunch

- Green peas cream *
- Grilled steer medallions *
- Pears in Red Wine *
- Monchique mineral water *
- Coffee or Tea

Meal's Total: 430 Calories

Price per person: 21,00 Euros
(VAT included)

Green Peas cream

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
184	8	8	20	4,6

Grilled Steer medallions

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
183	33,6	5,3	0	0

Pears in Red Wine

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
63	0,3	0,4	14,5	1,7

BALANCE MENU

SATURDAY

Dinner

- Fish Soup *
- Stuffed Aubergine *
- Pineapple au Naturel *
- Monchique mineral water *
- Coffee or Tea

Meal's Total: 561 Calories

Price per Person: 21,00 Euros
(VAT included)

Fish Soup

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
204	9,2	6,1	28,1	0,7

Stuffed Aubergine

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
278	15,7	5,75	41	26,4

Pineapple au Naturel

Kcal	Carbon Hydrates	Fibre
79	17	2,2



BALANCE MENU

SUNDAY

Lunch

Shrimp cream

*

Chicken steak

*

Sliced orange

*

Monchique mineral water

*

Coffee or Tea

Meal's Total: 586 Calories

Price per Person: 21,00 Euros
(VAT included)

Shrimp cream

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
364	38,9	11	27,4	1

Chicken Steak

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
172	38,5	2	0	0

Sliced Orange

Kcal	Carbon Hydrates	Fibre
50	10,6	2,2

BALANCE MENU

SUNDAY

Dinner

Tomato Soup

*

Dory with Limes

*

Pear au Naturel

*

Monchique mineral water

*

Coffee or Tea

Meal's Total: 473 Calories

Price per Person: 21,00 Euros
(Vat included)

Tomato Soup

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
148	4,1	9,8	11	5,6

Dory with Limes

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
276	15,1	20,8	7,2	3

Pear au Naturel

Kcal	Carbon Hydrates	Fibre
49	11,2	2,6



BALANCE MENU

MONDAY

Lunch

Tomato stuffed with Shrimps

*

Rock-bass with Endives

*

Chocolate, Orange and Walnut pudding

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 644 Calories

Price per Person : 21,00 Euros
(VAT Included)

Stuffed Tomato

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
90	3,8	4,2	9,1	1,9

Rock-Bass with Endives

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
307	1,9	31	5,1	0

Chocolate, orange and walnut Pudding

Energy (Kcal)	Proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
247	0,3	19,8	17	6,24

BALANCE MENU

MONDAY

Dinner

Spring Cabbage Curry

*

Turkey Steak

*

Cantaloupe

*

Monchique Mineral Water

*

Coffee or Tea

Meal's total: 404 Calories

Price per Person: 21,00 Euros
(VAT Included)

Spring cabbage curry

Energy (Kcal)	proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
185	4,9	10,8	17,1	5,5

Turkey Steank

Energy (Kcal)	proteins (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
172	38,5	2	0	0

Cantaloupe

Kcal	Carbon Hydrates	fibre
42	8,82	1,9



BALANCE MENU

TUESDAY

Lunch

Sauté vegetables with Tofu

*

Black Pork tenderloins with Honey

*

Sliced Mango

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 593 Calories

Price per person: 21,00 Euros
(VAT Included)

Sauté vegetables with Tofu

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
170	6,2	14,5	3,9	3,5

Black Pork tenderloins with Honey

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
364	24	20	22	0,8

Sliced Mango

Kcal	Carbon Hydrates (g)	Fibre
59	12,8	3,2

BALANCE MENU

TUESDAY

Dinner

Green Peppers Padrón (grilled)

*

Codfish with Corianders and Roasted Potatoes

*

Apple au Naturel

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 472 Calories

Price per person: 21,00 Euros
(VAT Included)

Green Peppers Padrón (grilled)

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
61	2	5	2	2,5

Codfish with Corianders and Roasted Potatoes

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
357	56,7	8,6	13,1	0,8

Apple au Naturel

Kcal	Carbon Hydrates (g)	Fibre
54	12,7	2



BALANCE MENU

WEDNESDAY

Lunch

Salad with Broad beans, Asparagus and French beans

*

Grilled Sirloin Steak

*

Pineapple au Naturel

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 386 Calories

Price per person: 21,00 Euros
(VAT Included)

Salad with Broad beans, Asparagus and French beans

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
124	11,9	0,9	17,2	12,1

Grilled Sirloin Steak

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
183	33,6	5,3	0	0

Pineapple au Naturel

Kcal	Carbon Hydrates (g)	Fibre
79	17	2,2

BALANCE MENU

WEDNESDAY

Dinner

Eruca Salad with Tomato

*

Fillet of Sole with Rosemary

*

Grapes au Naturel

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 548 Calories

Price per person: 21,00 Euros
(VAT Included)

Eruca Salad with Tomato

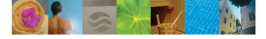
Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
244	5	20	11	5,54

Fillet of Sole with Rosemary

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
251	7,1	23	4	1,6

Grapes au Naturel

Kcal	Carbon Hydrates (g)	Fibre
53	12,7	0,06



BALANCE MENU

THURSDAY

Lunch

Stuffed Mushrooms

*

Chicken Steak

*

Chocolate, Orange and e Walnut Pudding

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 530 Calories

Price per person: 21,00 Euros
(VAT Included)

Stuffed Mushrooms

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
111	8,2	6,8	4,4	2,8

Chicken Steak

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
172	38,5	2	0	0

Chocolate, Orange and Walnut Pudding

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
247	0,3	19,8	17	6,24

BALANCE MENU

THURSDAY

Dinner

Celery and Artichoke Salad

*

Whiting with Clamps and Parsley Sauce

*

Small Melon

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 592 Calories

Price per person: 21,00 Euros
(VAT Included)

Celery and Artichoke Salad

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
193	16,5	7,4	15,1	4,5

Whiting with Clamps and Parsley Sauce

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
357	79,1	28,7	7,8	0

Small Melon

Kcal	Carbon Hydrates (g)	Fibre
42	8,82	1,9



BALANCE MENU

FRIDAY

Lunch

Shrimp Salad with Pineapple

*

Sirloin Steak with Tarragon

*

Banana

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 626 Calories

Price per person: 21,00 Euros
(VAT Included)

Shrimp Salad with Pineapple

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
339	24,1	15,4	26	2

Sirloin Steak with Tarragon

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
231	32	11	1	3,6

Banana

Kcal	Carbon Hydrates (g)	Fibre
56	12,8	1,8

BALANCE MENU

FRIDAY

Dinner

Scrambled Eggs with Artichoke

*

Spinach Soufflé

*

Sliced Mango

*

Monchique Mineral Water

*

Coffee or Tea

Meal's Total: 476 Calories

Price per person: 21,00 Euros
(VAT Included)

Scrambled Eggs with Artichoke

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
349	20,3	25,4	10	7,5

Spinach Soufflé

Energy (Kcal)	Protein (g)	Fat (g)	Carbon Hydrates (g)	Fibre (g)
68	4,8	3	5,3	2,3

Sliced Mango

Kcal	Carbon Hydrates (g)	Fibre
59	12,8	3,2