

Weekly recipe summary

Initial Autophagy stimulus with IF 16h and pescatarian diet · Monday through Sunday

9

Unique items

63

Scheduled occurrences

7

Active days

540 min

Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Calicen Smoothie Week 1-2 Breakfast	X	X	X	X	X	X	X	7
Green Tea Breakfast	3	3	3	3	3	3	3	21
Keto coconut cream shrimp Breakfast			X					1
Calicen Salad Week 1-2 Dinner	X	X	X	X	X	X	X	7
Herbal Tea Lunch	3	3	3	3	3	3	3	21
Keto salmon and shrimp soup Lunch				X				1
Lentils stew Lunch							X	1
Salmon with creamy shiitake Lunch	X				X			2
Tilapia and veggies in foil packet Lunch		X				X		2