

# Weekly recipe summary

Increase Autophagy · Monday through Sunday

**8**

Unique items

**63**

Scheduled occurrences

**7**

Active days

**490 min**

Planned time

| Item                                                                | Mon | Tue | Wed | Thu | Fri | Sat | Sun | Total |
|---------------------------------------------------------------------|-----|-----|-----|-----|-----|-----|-----|-------|
| <b>Calicen Smoothie Week 1-2<br/>Breakfast</b>                      |     | X   | X   | X   | X   | X   | X   | 6     |
| <b>Calicen Smoothie Weeks 5-8 (falta MCT y cacao)<br/>Breakfast</b> | X   |     |     |     |     |     |     | 1     |
| <b>Green Tea<br/>Breakfast</b>                                      | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 21    |
| <b>Keto brunch, eggs and mushrooms<br/>Breakfast</b>                | X   |     |     |     |     |     |     | 1     |
| <b>Calicen Salad Week 1-2<br/>Dinner</b>                            |     | X   | X   | X   | X   | X   | X   | 6     |
| <b>Calicen Salad Week 3-8<br/>Lunch</b>                             | X   |     |     |     |     |     |     | 1     |
| <b>Herbal Tea<br/>Lunch</b>                                         | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 21    |
| <b>Salmon with creamy shiitake<br/>Lunch</b>                        |     | X   | X   | X   | X   | X   | X   | 6     |