Weekly recipe summary

Edition 2026 · Week 9 · Water Fast + Electrolyte · Monday through Sunday

5	40	7	201 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Fasting apt Miso Soup **Fasting apt lunch**			X	X	X	X	X	5
Salty lemonade **Hydration with Minerals · Wakeup + Hydrate**	X	X	X	X	X	X	X	7
Capsule supplements **VILPA Break 1**	X	X	X	X	X	X	X	7
Green Tea **VILPA Break 1**	X	X	X	X	X	X	X	7
Herbal Tea **VILPA Break 2 · Breathwork**	2	2	2	2	2	2	2	14