

Weekly recipe summary

Peak Muscle Growth · Monday through Sunday

5

Unique items

9

Scheduled occurrences

1

Active days

75 min

Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Guacamole Anytime	X							1
Calicen Smoothie Week 10-15 Breakfast	X							1
Green Tea Breakfast	3							3
Herbal Tea Lunch	3							3
Tilapia and veggies in foil packet Lunch	X							1