Weekly recipe summary

Edition 2026 · Weeks 7–8 · Vegan Keto · Monday through Sunday

13	73	7	571 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Guacamole and shiitake **Lunch**					X			1
Calicen Smoothie Weeks 5-8 **Breakfast**	X	X		X	X	X		5
Capsule supplements **Breakfast**	X	X	X	X	X	X	X	7
Green Tea **Lunch · Breakfast · VILPA Break 1**	3	3	3	3	3	3	3	21
Keto Peanut butter smoothie **Breakfast**			X				X	2
Supplements into the smoothie Weeks 1-8 **Breakfast**			X				X	2
Keto Avocado-Cucumber salad **"Dinner"**	X	X	X	X	X	X	X	7
Herbal Tea **VILPA Break 2 · "Dinner" · Breathwork · Meditation**	3	3	3	3	3	3	3	21
Keto tortillas (almond, flaxseed and coconut) **Lunch**					X			1
Mushrooms stew **Lunch**						X		1
Vegan keto Buddha bowl **Lunch**	X		X				X	3
Grain Free "Instant Oats" **Lunch**				X				1
Keto Vegan chia and coconut bowl **Lunch**		X						1