Weekly recipe summary

Edition 2026 · Weeks 10–11 · Vegan High Protein · Monday through Sunday

16	75	7	572 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Mangos, raw **Basic Ingredient**		X						1
Rice, white, short-grain, enriched, cooked **Basic Ingredient**				X				1
Calicen Smoothie Week 10-15 **Breakfast**	X	X	X	X	X	X	X	7
Capsule supplements **Breakfast**	X	X	X	X	X	X	X	7
Green Tea **Lunch · VILPA Break 1 · Breakfast**	3	3	3	3	3	3	3	21
Miso Soup **Lunch**				X				1
Calicen Salad Week 10-11 **Dinner**		X		X	X		X	4
Cucumber Salad **Dinner**	X		X			X		3
Buddha bowl **Lunch**		X					X	2
Herbal Tea **VILPA Break 2 · Breathwork · Dinner · Meditation**	3	3	3	3	3	3	3	21
Lentils and soy soup **Lunch**	X					X		2
Soy and mushrooms **Lunch**					X			1
Tofu and Chickpea soup **Lunch**			X					1
Apple and peanut butter **Snack**				X				1

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Fruit and nuts snack **Snack**		X						1
Protein with cacao and berries **Snack**						X		1