Weekly recipe summary

Edition 2026 · Weeks 12–13 · Start Mediterranean · Monday through Sunday

15	73	7	577 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
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 · Breakfast · VILPA Break 1**	3	3	3	3	3	3	3	21
Mushrooms omelette breakfast **Lunch**					X			1
Calicen Salad Week 12-17 **Dinner**		X	X		X	X	X	5
Cucumber Salad **Dinner · "Dinner"**	X			X				2
Fish soup **Lunch**				X				1
Herbal Tea **Dinner · Breathwork · VILPA Break 2 · "Dinner" · Meditation**	3	3	3	3	3	3	3	21
Keto coconut cream shrimp **Lunch**			X					1
Shrimp tacos **Lunch**	X							1
The best avocado toast **Lunch**							X	1
Tilapia and veggies in foil packet **Lunch**		X				X		2
Fruit and nuts snack **Snack**		X						1
Kefir snack **Snack**			X					1

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