Weekly recipe summary

Edition 2026 · Weeks 14–15 · Peak Muscle Growth · Monday through Sunday

22	77	7	582 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Guacamole **Dinner**	X							1
Mangos, raw **Basic Ingredient**		X						1
Multigrain sourdough bread with seeds **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 **VILPA Break 1 · Lunch · Breakfast**	3	3	3	3	3	3	3	21
Miso Soup **Lunch**				X				1
Mushrooms omelette breakfast **Lunch**					X			1
Calicen Salad Week 12-17 **Dinner**		X	X	X	X			4
Cucumber Salad **Dinner**						X		1
Herbal Tea **Dinner · Breathwork · VILPA Break 2 · Meditation**	3	3	3	3	3	3	3	21
Keto coconut cream shrimp **Lunch**			X					1
Lentils stew **Dinner**							X	1

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Salmon with creamy shiitake **Lunch**		X						1
Shrimp pasta **Lunch**						X		1
The best avocado toast **Lunch**							X	1
Tilapia and veggies in foil packet **Lunch**	X							1
Apple and peanut butter **Snack**				X				1
Fruit and nuts snack **Snack**		X						1
Kefir snack **Snack**			X					1
Protein with cacao and berries **Snack**						X		1