Weekly recipe summary

Edition 2026 · Weeks 16–17 · Lock-in Real-World Strength · Monday through Sunday

19	78	7	582 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Mangos, raw **Basic Ingredient**		X					X	2
Quinoa, cooked **Basic Ingredient**			X					1
Rice, white, short-grain, enriched, cooked **Basic Ingredient**				X				1
Calicen Smoothie Week 16-17 **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
Miso Soup **Lunch**				X				1
Mushrooms omelette breakfast **Lunch**					X			1
Calicen Salad Week 12-17 **Dinner**		X		X	X	X	X	5
Cucumber Salad **Dinner**	X		X					2
Herbal Tea **Dinner · Breathwork · VILPA Break 2 · Meditation**	3	3	3	3	3	3	3	21
Keto coconut cream shrimp **Lunch**			X					1
Steak and veggies **Lunch**		X						1
The best avocado toast **Lunch**	X						X	2

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
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