Weekly recipe summary

Edition 2026 · Weeks 1–2 · Initial Autophaygy with IF 16h and pescatarian diet · Monday through Sunday

10	70	7	542 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Calicen Smoothie Week 1-2 **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 · VILPA Break 1**	3	3	3	3	3	3	3	21
Calicen Salad Week 1-2 **Dinner**	X	X	X	X	X	X	X	7
Herbal Tea **VILPA Break 2 · Dinner · Breathwork**	3	3	3	3	3	3	3	21
Keto coconut cream shrimp **Lunch**			X		X			2
Keto salmon and shrimp soup **Lunch**				X				1
Salmon with creamy shiitake **Lunch**	X					X		2
The best avocado toast **Lunch**							X	1
Tilapia and veggies in foil packet **Lunch**		X						1