Weekly recipe summary

Edition 2026 · Weeks 5–6 · Increase Autophagy · Monday through Sunday

13	71	7	567 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Guacamole **Lunch**					X			1
Calicen Smoothie Weeks 5-8 **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
Calicen Salad Week 3-8 **"Dinner"**	X	X	X	X	X	X	X	7
Herbal Tea **Breathwork · VILPA Break 2 · "Dinner" · Meditation**	3	3	3	3	3	3	3	21
Keto brunch, eggs and mushrooms **Lunch**	X							1
Keto coconut cream shrimp **Lunch**							X	1
Keto Shrimp tacos **Lunch**				X				1
Keto tortillas (almond, flaxseed and coconut) **Lunch**					X			1
Mushrooms stew **Lunch**						X		1
Salmon with creamy shiitake **Lunch**		X						1
Vegan keto Buddha bowl **Lunch**			X					1