Weekly recipe summary

Edition 2026 · Weeks 3–4 · Start Pescatarian Keto · Monday through Sunday

14	72	7	539 min
Unique items	Scheduled occurrences	Active days	Planned time

Item	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Calicen Smoothie Week 3-4 **Breakfast**	X	X	X	X	X			5
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
Keto Peanut butter smoothie **Breakfast**							X	1
Supplements into the smoothie Weeks 1-8 **Breakfast**						X	X	2
Keto Avocado-Cucumber salad **"Dinner"**			X				X	2
Buddha bowl **Lunch**				X				1
Calicen Salad Week 3-8 **"Dinner"**	X	X		X	X	X		5
Herbal Tea **VILPA Break 2 · "Dinner" · Breathwork · Meditation**	3	3	3	3	3	3	3	21
Keto brunch, eggs and mushrooms **Lunch**			X			X		2
Keto coconut cream shrimp **Lunch**	X				X			2
Keto Shrimp tacos **Lunch**							X	1
Salmon with creamy shiitake **Lunch**		X						1
Keto Vegan chia and coconut bowl **Breakfast**						X		1