

Weekly Menu

Meals for Healthier Metabolism

Monday



Breakfast

- Vegetable and Egg Frittata
- Lamb's Lettuce and Cherry Tomato Salad



Lunch

- Beef Sirloin with Sautéed Pumpkin and Broccoli
- Lettuce Salad



Dessert

- Citrus Fruit Salad/ Berry Fruit Salad



Dinner

- Spinach, Avocado, and Feta Cheese Salad

Tuesday



Breakfast

- Egg, Cheese, and Spinach Quiche



Lunch

- Stewed Chicken with Snap Peas and Carrots



Dessert

- Berry Fruit Cake



Dinner

- Grilled Tuna and Vegetable Salad with Pesto Dressing

Wednesday



Breakfast

- Lettuce Wrap Sandwich



Lunch

- Salmon Fillet with Eggplant Puree
- Lettuce Salad with Tomato



Dessert

- Protein Bars



Dinner

- Goat Cheese and Roasted Pumpkin Salad

Thursday



Breakfast

- Whole Grain Bread with Tuna Spread
- Bell Pepper and Cucumber Sticks, Olives



Lunch

- Beef Burger
- Broccoli with Avocado
- Lettuce Salad



Dessert

- Protein Pudding/ Skyr with Cherries



Dinner

- Stuffed Bell Peppers with Vegetables and Chicken

Friday



Breakfast

- Whole Grain Bread with Cheese and Olive Spread
- Arugula and Cherry Tomato Salad



Lunch

- Sea Bass Fillet and Kale with Pumpkin
- Red Cabbage Salad



Dessert

- Greek Yogurt with Mixed Berries



Dinner

- Turkey Burger and Salad with Mustard Dressing

What is a Metabolic Friendly Menu?

In collaboration with physicians and nutritionists we have created a menu designed to support the health of your metabolism.

Metabolic Friendly meals are:

- Mediterranean in style
- Low in carbohydrates
- Based on healthy fats and whole foods
- Delicious and satisfying

Why Choose a Metabolic Friendly Menu?

Expertly designed under the supervision of physicians and nutritionists, it is tailored to specific needs.

It represents a solution for achieving:

- Better metabolic health
- Reduced insulin resistance
- Healthier body weight and appearance
- Feeling vitality and energy

