

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





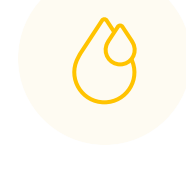
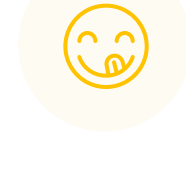
Dinner

- ☙ 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.



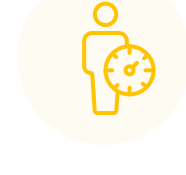

Metabolic Friendly meals are:

-  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

