

Weekly Menu

Meals for
Healthier Metabolism



Monday



Breakfast

- ΨΨ Vegetable and Egg Frittata
- ΨΨ Arugula and Cherry Tomato Salad



Lunch

- ΨΨ Turkey and Celery and Squash Puree
- ΨΨ Lettuce Salad with Cucumber



Dessert

- ΨΨ Citrus Fruit Salad/
Berry Fruit Salad



Dinner

- ΨΨ Lentil Salad with Grilled Vegetables, Feta Cheese, and Pesto Dressing



Tuesday



Breakfast

- ΨΨ Egg, Bacon, and Spinach Frittata
- ΨΨ Lamb's Lettuce and Cherry Tomato



Lunch

- ΨΨ Chicken with Roasted Pumpkin
- ΨΨ Red Cabbage Salad



Dessert

- ΨΨ Twix Bars



Dinner

- ΨΨ Sea Bass Fillet and Grilled Vegetables
- ΨΨ Lettuce with Cucumber Salad



Wednesday



Breakfast

- ΨΨ Lettuce Wrap Sandwich



Lunch

- ΨΨ Chicken Thigh and Mushrooms with Leeks
- ΨΨ Lettuce Salad



Dessert

- ΨΨ Chocolate Brownie with Orange



Dinner

- ΨΨ Mozzarella and Avocado Salad



Thursday



Breakfast

- ΨΨ Whole Grain Bread with Avocado and Chickpea Spread
- ΨΨ Cucumber and Bell Pepper Sticks



Lunch

- ΨΨ Beef Burger and Cauliflower and Celery Puree
- ΨΨ • Lettuce Salad



Dessert

- ΨΨ Greek Yogurt with Strawberries and Almonds



Dinner

- ΨΨ Grilled Tuna Salad with Vegetables and Pesto Dressing



Friday



Breakfast

- ΨΨ Whole Grain Bread with Tuna Spread
- ΨΨ Olives, Cherry Tomatoes



Lunch

- ΨΨ Marinirani tofu s brokulom
- ΨΨ Zelena salata i radič



Dessert

- ΨΨ Chocolate Pudding



Dinner

- ΨΨ Salad with Beef Sirloin and Pesto 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.

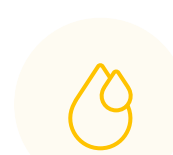
Metabolic Friendly meals are:



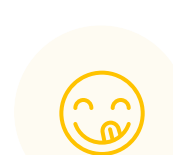
Mediterranean in style



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

