

# Weekly Menu

Meals for  
Healthier Metabolism



## Monday



### Breakfast

- 🌿 Bell Pepper Stuffed with Egg and Bacon
- 🌿 Arugula and Cherry Tomato Salad



### Lunch

- 🌿 Asian Style Stir-Fry with Ground Beef
- 🌿 Lettuce Salad



### Dessert

- 🌿 Citrus Fruit Salad/  
Berry Fruit Salad



### Dinner

- 🌿 Lentil Salad with Hard-Boiled Eggs and Pesto Dressing



## Tuesday



### Breakfast

- 🌿 Whole Grain Bread with Avocado and Yogurt Spread
- 🌿 Arugula and Cherry Tomato Salad



### Lunch

- 🌿 Breaded Chicken Breast in Pumpkin Flour with Broccoli Puree



### Dessert

- 🌿 Chocolate Brownie with Orange



### Dinner

- 🌿 Braised Brussels Sprouts with Pancetta and Cheese
- 🌿 Red Cabbage Salad



## Wednesday



### Breakfast

- 🌿 Chia Pudding with Greek Yogurt and Berries



### Lunch

- 🌿 Sea Bass Fillet
- 🌿 Swiss Chard with Pumpkin



### Dessert

- 🌿 Protein Bars



### Dinner

- 🌿 Casserole with Beans, Mushrooms, and Cheese



## Thursday



### Breakfast

- 🌿 Whole Grain Bread with Tuna Spread
- 🌿 Olives, Avocado



### Lunch

- 🌿 Braised Beef and Eggplant Puree



### Dessert

- 🌿 Raspberry and Coconut Chocolate Dessert



### Dinner

- 🌿 Squid Salad with Pesto Dressing



## Friday



### Breakfast

- 🌿 Spinach and Bacon Frittata
- 🌿 Lamb's Lettuce and Cherry Tomato Salad



### Lunch

- 🌿 Pork with Cauliflower and Celery Puree
- Red Cabbage Salad



### Dessert

- 🌿 Twix Bars



### Dinner

- 🌿 Shrimp Salad with 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.

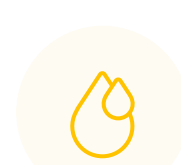
Metabolic Friendly meals are:



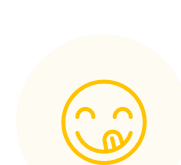
Mediterranean in style



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

