

Weekly Menu

Meals for
Healthier Metabolism



Monday



Breakfast

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



Lunch

- 🌿 Turkey with Celery, Cauliflower, and Beet Puree
- 🌿 Lettuce Salad



Dessert

- 🌿 Citrus Fruit Salad/
Berry Fruit Salad



Dinner

- 🌿 Salad with Grilled Tuna and Hard-Boiled Eggs



Tuesday



Breakfast

- 🌿 Whole Grain Bread with Chickpea and Beet Spread
- 🌿 Cucumber and Bell Pepper Sticks



Lunch

- 🌿 Tuna Burgers with Vegetables
- 🌿 Eggplant Puree



Dessert

- 🌿 Skyr with Cherries



Dinner

- 🌿 Salad with Grilled Chicken, Cashews, and Goat Cheese



Wednesday



Breakfast

- 🌿 Egg, Cheese, and Spinach Quiche



Lunch

- 🌿 Bell Pepper Stuffed with Vegetables, Eggs, and Cheese
- 🌿 Lettuce Salad with Cherry Tomatoes



Dessert

- 🌿 Chocolate Layer Cake



Dinner

- 🌿 Shrimp and Avocado Salad



Thursday



Breakfast

- 🌿 Chia Pudding with Greek Yogurt and Berries



Lunch

- 🌿 Cauliflower in Chicken and Pesto Sauce



Dessert

- 🌿 Cheesecake



Dinner

- 🌿 Grilled Tuna with Swiss Chard and Sauteed Mushrooms



Friday



Breakfast

- 🌿 Whole Grain Bread with Chickpea and Avocado Spread, Boiled Egg
- 🌿 Lamb's Lettuce and Cherry Tomato Salad



Lunch

- 🌿 Sea Bass Fillet with Broccoli and Avocado
- 🌿 Red Cabbage Salad



Dessert

- 🌿 Raspberry and Coconut Chocolate Dessert






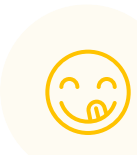
Dinner

- 🌿 Salad with Grilled Chicken

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

