



Menu

by

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This menu has been generated by an artificial intelligence algorithm. It is not recommended to be used by minors and people with known medical conditions (including allergies). It should not substitute professional advice from a human nutritionist or healthcare provider. It is highly recommended to consult with a qualified nutritionist or medical professional to address specific dietary concerns, health conditions, or individual dietary preferences.

Day 1

Breakfast ()

Greek Yogurt Parfait

- Greek yogurt: 150g, sliced
- Mixed berries: 50g, sliced
- Almonds: 10g, sliced
- Honey: 1 tsp, sliced

Layer Greek yogurt, mixed berries, almonds, and honey in a bowl. Enjoy!

- Protein: 25%
- Carbs: 45%
- Fats: 30%

Lunch ()

Quinoa Salad

- Quinoa: 50g, sliced
- Cherry tomatoes: 50g, sliced
- Cucumber: 50g, sliced
- Feta cheese: 20g, sliced
- Balsamic vinaigrette: 1 tbsp, sliced

Cook quinoa and let it cool. Mix it with cherry tomatoes, cucumber, feta cheese, and balsamic vinaigrette.

- Protein: 25%
- Carbs: 45%
- Fats: 30%

Dinner ()

Grilled Salmon with Asparagus

- Salmon fillet: 100g, sliced
- Asparagus: 100g, sliced
- Olive oil: 1 tsp, sliced
- Lemon: 1 slice, sliced

Season salmon and asparagus with olive oil, salt, and pepper. Grill until cooked. Serve with a squeeze of lemon.

- Protein: 30%
- Carbs: 40%
- Fats: 30%