



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 ()

Quinoa Breakfast Bowl

- Quinoa: 1 cup, sliced
- Almond milk: 1/2 cup, sliced
- Banana: 1 sliced, sliced
- Almonds: 1/4 cup, sliced
- Honey: 1 tbsp, sliced

Cook quinoa in almond milk, top with banana slices, almonds, and drizzle honey.

- Protein: 10%
- Carbs: 40%
- Fats: 20%

Lunch ()

Mediterranean Chickpea Salad

- Chickpeas: 1 can, drained, sliced
- Cucumber: 1, diced, sliced
- Tomatoes: 1, diced, sliced
- Red onion: 1/4, sliced, sliced
- Feta cheese: 1/4 cup, sliced
- Olive oil: 1 tbsp, sliced
- Lemon juice: 1 tbsp, sliced

Mix all ingredients together and drizzle with olive oil and lemon juice.

- Protein: 15%
- Carbs: 30%
- Fats: 15%

Dinner ()

Salmon with Roasted Vegetables

- Salmon fillet: 1 piece, sliced
- Broccoli: 1 cup, sliced
- Bell peppers: 1, sliced, sliced
- Zucchini: 1, sliced, sliced
- Olive oil: 1 tbsp, sliced

Season salmon and vegetables with olive oil, roast in the oven until cooked through.

- Protein: 20%
- Carbs: 20%
- Fats: 40%