



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: 1/2 cup, sliced
- Egg: 1, sliced
- Mixed Vegetables (bell peppers, spinach, tomatoes): 1/2 cup, sliced
- Avocado: 1/4, sliced
- Olive Oil: 1 tsp, sliced

Cook quinoa as per package instructions. Saute mixed vegetables. Cook egg as desired. Assemble bowl with quinoa, veggies, egg, sliced avocado, and drizzle with olive oil.

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

Lunch ()

Mediterranean Chickpea Salad

- Chickpeas: 1/2 cup, sliced
- Cucumber: 1/2, sliced
- Tomatoes: 1/2 cup, sliced
- Red Onion: 2 tbsp, sliced
- Feta Cheese: 1 oz, sliced
- Olive Oil: 1 tbsp, sliced
- Lemon Juice: 1 tbsp, sliced
- Fresh Herbs (parsley, mint): 1 tbsp, sliced

Mix chickpeas, cucumber, tomatoes, red onion, and feta cheese. Dress with olive oil, lemon juice, and herbs.

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

Dinner ()

Grilled Salmon with Asparagus

- Salmon Fillet: 4 oz, sliced
- Asparagus: 1 cup, sliced
- Lemon: 1/2, sliced
- Garlic: 1 clove, sliced
- Olive Oil: 1 tsp, sliced

Marinate salmon in garlic, lemon juice, and olive oil. Grill salmon and asparagus until cooked. Serve with lemon wedges.

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