

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast: Scrambled eggs with spinach and tomatoes A small serving of berries	Breakfast: Greek yogurt parfait with berries, chia seeds, and a sprinkle of almonds	Breakfast: Omelette with mushrooms, bell peppers, and onions A small serving of mixed fruit	Breakfast: Smoothie with spinach, banana, almond milk, and a scoop of protein powder	Breakfast: Scrambled eggs with sautéed spinach and mushrooms	Breakfast: Coconut milk chia pudding with sliced strawberries and a sprinkle of shredded coconut	Breakfast: Smoothie bowl with banana, mixed berries, almond milk, and topped with granola and coconut flakes
Lunch: Grilled chicken breast salad with mixed greens, cherry tomatoes, cucumbers, and balsamic vinaigrette dressing A side of quinoa	Lunch: Turkey and avocado lettuce wraps with a side of roasted Brussels sprouts	Lunch: Quinoa salad with chickpeas, cherry tomatoes, cucumber, and a tahini dressing	Lunch: Tuna salad with mixed greens, olives, and Italian dressing	Lunch: Spinach and feta stuffed chicken breast with a side of roasted sweet potato and broccoli	Lunch: Grilled steak salad with mixed greens, cherry tomatoes, and balsamic glaze	Lunch: Lentil and vegetable soup with a side of mixed greens

<div>Dinner:</div> <div>Baked salmon with a lemon-dill sauce Steamed broccoli and cauliflower A serving of sweet potato</div>	<div>Dinner:</div> <div>Beef stir-fry with broccoli, bell peppers, and snap peas, served over cauliflower rice</div>	<div>Dinner:</div> <div>Baked chicken thighs with roasted asparagus and mashed cauliflower</div>	<div>Dinner:</div> <div>Grilled prawn skewers with a side of quinoa and steamed green beans</div>	<div>Dinner:</div> <div>Baked cod with a tomato and basil sauce, served with quinoa and steamed asparagus</div>	<div>Dinner:</div> <div>Baked turkey meatballs with zucchini noodles and marinara sauce</div>	<div>Dinner:</div> <div>Grilled pork chops with roasted Brussels sprouts and mashed sweet potatoes</div>
<div>Snack:</div> <div>Greek yogurt with a drizzle of honey and some chopped nuts</div>	<div>Snack:</div> <div>Sliced cucumber and carrot sticks with hummus</div>	<div>Snack:</div> <div>A handful of mixed nuts</div>	<div>Snack:</div> <div>Sliced apple with almond butter</div>	<div>Snack:</div> <div>Cottage cheese with pineapple chunks</div>	<div>Snack:</div> <div>Sliced bell peppers with guacamole</div>	<div>Snack:</div> <div>A small serving of mixed nuts and dried fruit</div>

Diet based on 30% protein, 30% fats and 40% carbohydrates. Excluding gluten and wheat products

Micronutrients only vary slightly from day to day, aimed at diversifying the microbiome over time by having different varieties every day

Greek Yogurt Parfait:

Ingredients:

- 1 cup Greek yogurt
- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1 tablespoon chia seeds
- 1 tablespoon honey or maple syrup (optional for sweetness)
- 1 tablespoon chopped nuts (almonds, walnuts, or your choice)
- Fresh mint leaves for garnish (optional)

Instructions:

1. In a bowl, mix Greek yogurt with honey or maple syrup if desired for added sweetness.
2. In a glass or a bowl, layer the yogurt mixture, mixed berries, and chia seeds.
3. Repeat the layering process until the glass or bowl is filled.
4. Top with chopped nuts and garnish with fresh mint leaves if you like.
5. Place in the refrigerator for about 15-30 minutes to allow the chia seeds to absorb some liquid.
6. Enjoy your delicious and nutritious Greek yogurt parfait!

Baked Cod with Basil Sauce:

Ingredients:

- 4 cod fillets
- 2 tablespoons olive oil
- Salt and pepper to taste
- For the basil sauce:
 - 1 cup fresh basil leaves
 - 1/4 cup grated Parmesan cheese
 - 2 cloves garlic

- Juice of 1 lemon
- 1/4 cup olive oil
- Salt and pepper to taste

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Season the cod fillets with olive oil, salt, and pepper, and place them in a baking dish.
3. Bake the cod in the preheated oven for about 15-20 minutes or until the fish flakes easily with a fork.
4. While the cod is baking, prepare the basil sauce. In a food processor, combine the basil leaves, grated Parmesan cheese, garlic, lemon juice, and olive oil. Blend until smooth. Season with salt and pepper to taste.
5. Once the cod is done, remove it from the oven and drizzle the basil sauce over the fillets.
6. Serve the baked cod with your choice of side dishes, such as quinoa and steamed asparagus.
7. Enjoy your flavorful baked cod with basil sauce!

Coconut Milk Chia Pudding:

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1/2 teaspoon vanilla extract
- 1-2 tablespoons honey or maple syrup (adjust to taste)
- Sliced strawberries and shredded coconut for topping (optional)

Instructions:

1. In a bowl, combine chia seeds, coconut milk, vanilla extract, and sweetener (honey or maple syrup). Mix well.
2. Cover the bowl and refrigerate for at least 2-3 hours, or overnight for best results. Stir the mixture a few times during the first hour to prevent clumping.
3. Once the chia seeds have absorbed the liquid and the pudding has thickened to your liking, give it a final stir.
4. Serve the chia pudding in bowls or jars and top with sliced strawberries and shredded coconut if desired.
5. Enjoy your creamy and satisfying coconut milk chia pudding!

