

Recipe Recommendation A



Time	Key Ingredient	Purpose
Breakfast	Greek Yogurt + Nuts + Berries	Greek yogurt is rich in probiotics and protein. Nuts provide Omega-3 fatty acids and Vitamin E. Berries are packed with antioxidants.
Snacks	Veggie Sticks (Cucumber, Carrot) + Hummus	Vegetables offer vitamins and fiber. Hummus provides protein and fiber.
Lunch	Grilled Chicken Breast + Quinoa Salad (Cherry Tomatoes, Olive Oil)	Chicken delivers lean protein. Quinoa is rich in protein and fiber. Cherry tomatoes are good sources of Vitamin C. Olive oil provides healthy fats.
Dinner	Grilled Salmon + Roasted Vegetables (Broccoli)	Salmon is rich in DHA. Roasted vegetables are full of vitamins and fiber.



Recipe Recommendation B



Time	Key Ingredient	Purpose
Breakfast	Brown Rice Porridge + Egg + Small Amount of Vegetables (Spinach)	Brown rice porridge provides B vitamins and fiber. Eggs offer high-quality protein and Vitamin D. Spinach is rich in folate.
Snacks	Fruit Platter (Apple, Pear) + Small Amount of Nuts	Fruits provide vitamins and fiber. Nuts offer healthy fats.
Lunch	Chicken & Vegetable Fried Rice (Brown Rice, Carrots, Peas)	Brown rice provides B vitamins and fiber. Chicken offers lean protein. Carrots and peas provide vitamins and fiber.
Dinner	Steamed Fish + Steamed Vegetables (Broccoli, Carrots) + Small Amount of Tofu	Fish provides DHA and high-quality protein. Steamed vegetables are rich in vitamins and fiber. Tofu offers plant-based protein and calcium.



Recipe Recommendation C



Time	Key Ingredient	Purpose
Breakfast	Gluten-Free Oatmeal + Chia Seeds + Blueberries + Walnuts	Walnuts are rich in Omega-3 fatty acids. Blueberries are packed with antioxidants.
Snacks	Coconut Yogurt (Probiotic) + Banana Slices	Probiotics are beneficial for gut health and immune system from probiotics and calcium, and Vitamin B6 from bananas.
Lunch	Steamed Salmon + Broccoli (Olive Oil) + Brown Rice	Salmon is rich in DHA. Broccoli contains sulforaphane. Brown rice is rich in B vitamins.
Dinner	Chicken & Pumpkin Stew (Spinach) + Millet	Spinach/Pumpkin is rich in folate. Chicken provides lean protein. Millet is gluten-free.



Recipe Recommendation D



Time	Key Ingredient	Purpose
Breakfast	Banana Oatmeal	An easily digestible porridge made from fiber-rich oats and bananas, which provide potassium and Vitamin B6.
Snacks	Blueberries + Plain Yogurt	Probiotics are beneficial for gut health. Probiotics and calcium benefit the gut health immune system.
Lunch	Pan-Seared Salmon + Avocado Salad	Salmon is rich in Omega-3 fatty acids. Paired with avocado, which is rich in healthy fats and vitamins, it aids brain development and provides energy.
Dinner	Steamed Salmon + Broccoli + Brown Rice Quinoa + Black Bean Rice	A balanced meal combining quinoa, a source of complete protein, and fiber-rich black beans with fresh vegetables to create a nutritious and well-rounded dish.



Recipe Recommendation E



Time	Key Ingredient	Purpose
Breakfast	Eggs + Spinach	Eggs are a good source of protein and choline. Spinach is rich in folate and iron, which help with neurotransmitter synthesis and red blood cell formation.
Snacks	Sugar-Free Soy Milk	Rich in plant-based protein, calcium, and minerals.
Lunch	Fish + Steamed Pumpkin	Fish is a low-fat, high-quality protein source, rich in Vitamin D. Pumpkin is rich in Beta-carotene and dietary fiber.
Dinner	Brown Rice + Lentils	Brown rice provides complex carbohydrates and dietary fiber. Lentils are rich in plant-based protein, iron, and folate.

