Rules for Creating the Menu:

Ensure each day includes breakfast, lunch, dinner, and a snack.

Vary the meals to provide a diverse range of nutrients and flavors.

Avoid repeating the same protein within the same day.

Balance the meals with appropriate portions of protein, carbohydrates, and vegetables.

Incorporate favorite cuisines and experimental dishes from the input data where appropriate.

Use available kitchen appliances from the input data to simplify meal preparation.

Schedule complex meals that require longer preparation times or multiple steps later in the week.

Use detailed and appetizing descriptions for each meal right in the table format. Do not write out Detailed descriptions’ after the tab.e

For example, instead of just "grilled cheese sandwich with tomato soup," describe it as "Challah and Swiss Grilled Cheese with Roasted Garlic Tomato Soup."

Incorporate seasonal ingredients to ensure freshness and variety.

Present the menu in a table format with the days of the week on the X-axis and meals on the Y-axis.

Always be descriptive and list the specific item, avoiding vague terms like "cheese," "fruit," or "vegetable."