



PREGNANCY
MEALS

After Surgery Meals

Lunch 午餐

DAY 1

马蹄莲藕焖烧肉
Braised Roast Pork with Calla Lotus Root

雪耳炒芦笋
Fried Asparagus with Snow Fungus

杜仲玉竹补肾排骨汤
Kidney-Tonifying Pork Ribs Soup with Eucommia and Yuk Zuk

日本珍珠香米饭
Fragrant Japanese Pearl Rice

红豆汤
Red Bean Soup

红豆汤
Mulberry Leaf Tea

DAY 4

南瓜炒肉片
Stir Fried Pumpkin with Pork Slice

三色灯笼椒炒芦笋
Grilled Asparagus with Tricolor Bell Peppers

降压甜菜排骨汤
Beet Root Pork Ribs Soup

蒜香橄榄油意大利面
Spaghetti with Garlic and Olive Oil

姜汤汤圆
Rice ball in Ginger Soup

养生牛蒡茶
Healthy Burdock Root Tea

DAY 2

彩椒炒五花肉
Stir-fried Pork Belly with Bell Peppers

枸杞炒菠菜
Stir-fried Spinach with Wolfberry

玉米灰实莲子鱼汤
Fish Soup with Corn, Qian Shi and Lotus Seeds

西芹肉碎炒乌冬面
Minced Pork Fried Odon with Celery

芝麻糊(甜点)配汤圆
Sesame Paste with Rice Bal

黑豆甘草茶
Black Bean and Licorice Detox Tea

DAY 5

黄姜肉片
Turmeric Slide Pork

香菇云耳炒甜豆
Stir Fried Snap Pen with Mushroom and Snow Fungus

巴戟天杜仲黄蓍润滑汤
Nourishing Herbl Soup with Ind血Mulberry, Eucommia and As汀ngnlus

红米饭
Red Rice

莲子橘皮红豆汤
Red bean soup with lotus seed and mandarin peel

木瓜牛奶
Papaya Milk

DAY 3

双耳蒸鲑鱼
Steamed Salmon with Black & White Fungus

四季豆干炒肉丝
Stir Fried Pulled Pork with French Beans & Dougan

莲藕陈皮排骨汤
Lotus Root and Dried Orange Peel Pork Rib Soup

养身糙米丝苗饭
Basmati Brown Rice

龙眼伴杏仁豆腐
Almond Tofu with Longan

当归红枣枸杞茶
Dong Gui, Red Dates and Wolfberry Tea

DAY 6

盐烤鲑鱼
Salt Baked Salmon Fish

肉碎炒油麦菜
Stir Fried Romaine with Minced Pork

莲子扶苓健脾排骨汤
Pork Rib Soup with Lotus Seeds and Fu Ling

滋补药材焗伊府面
Braised E-Fu Noodles with Nourishing Herbs

清凉白果薏米水
Ginko Barley

桑叶菊花茶
Mulberry Leaf and Chrysanthemum Tea

DAY 7

陈皮鼓酱蒸排骨
Steamed Pork Ribs with Fermented Beans and Dried Orange Peel

佛手肉片
Stir Fried Buddha's Hand with Pork Slice

紫菜豆腐味噌排毒抗癌蛙鱼汤
Cancer Fighting Salmon Miso Soup with Seaweed and Tofu

五谷米
Five Grains Rice

香滑黑糯米
Black Glutinous Rice Dessert

豆浆饮料
Soy Milk

DAY 10

爆炒蘑菇肉片
Stir Fried Mushroom with Pork Slice

腐竹炒荷兰豆
Stir Fried Snow Pen with Tofu Skin

百合莲子猪肚汤
Pork Belly Soup with Bai He and Lotus Seeds

茄汁肉碎煮意粉
Spaghetti with Minced Meat and Tomato Sauce

龙眼伴杏仁豆腐
Longan Almond Tofu

桑叶茶
Mulberry Leaf Tea

DAY 8

酒香南乳花腩肉
Pork Belly Marinated with Chinese Wine and NamYu

清炒上海青
Stir Fried Shanghai Bok Choy

淮山云耳黄豆排骨汤
Pork Ribs Soup with Chinese Yam, Snow Fungus and Soy Bean

麻油肉片焖乌冬面
Braised Udon Noodles with Pork Slice and Sesame Oil

雪耳桃胶炖雪燕
Snow Fungus with Peach Resin

蒸热牛奶
Steamed Milk

DAY 11

白玉花椰蒸肉末
Steamed Minced Pork with Cauliflower

鱼片绘茼兰
Braised Fish Fillet with Kale

南瓜红枣板栗排骨汤
Pumpkin Pork Ribs Soup with Red Dates and Chestnut

南瓜枸杞糙米饭
Pumpkin Wolfberry Brown Rice

莲子橘皮红豆汤
Red bean soup with lotus seed and mandarin peel

黑豆甘草茶
Black Bean and Licorice Detox Tea

DAY 9

栗子烧排骨
Grilled Pork Ribs with Chestnuts

肉片炒甜豆
Stir Fried Snap Peas with Pork Slice

沙参玉竹天麻鱼汤
Stewed Fish Soup With Gioseng, Tianma and Yuk Zuk

紫米饭
Black Rice

芝麻糊(甜点)配汤圆
Sesame Paste with Rice Ball

粉红石榴饮料
Pink Pomegranate Juice

DAY 12

照烧蛙鱼
Teriyaki Salmon

肉丝西兰花
Stir Fried Pulled Pork with Broccoli

莲子玉竹百合南杏醒脑排骨汤
Brain Nourishing Pork Ribs Soup with Lotus Seeds, Yuk Zuk, Bai He and Apricot Kernels

珍菌干烧伊府面
Stir Fried E-Fu Noodles with Mushroom

姜汤汤圆
Rice ball in Ginger Soup

当归红枣枸杞茶
Dong Gui, Red Dates and Wolfberry Tea

DAY 13

南瓜蒸排骨
Pork Ribs Steam with Pumpkins

佛手绘蘑菇
Braised Buddha's Hand with Mushroom

石斛伏苓枸杞明目排骨汤
Eyesight Nourishment Pork Ribs Soup with Dendrobium, Fu Ling and Wolfberry

麻油姜饭
Ginger-Sesame Rice

枸杞桂花果冻
Osmanthus Flower Jelly with Wolfberries

养生牛蒡茶
Healthy Burdock Root Tea

DAY 16

百花肉末酿冬菇
Stuffed Mushroom with Minced Meat

高丽菜炒鱼片
Stir Fried Fish Fillet with Cabbage

南瓜腰果红枣排骨汤
Pork Ribs Soup Pumpkin, Cashew Nut and Red Dates

养身糙米丝苗饭
Basmati Brown Rice

龙眼伴杏仁豆腐
Longan Almond Tofu

豆浆饮料
Soy Milk

DAY 14

菇马蹄蒸肉饼
Steamed Minced Pork with Mushroom and Water Chestnuts

花椰木耳炒百合
Stir Fried Cauliflower with Snow Fungus and Bai He

沙参玉竹腰豆鱼汤
Stewed Fish Soup with Ginseng, Yuk Zuk and Kidney Bean

日本珍珠香米饭
Fragrant Japanese Pearl Rice

红豆汤
Red Bean Soup

木瓜牛奶
Papaya Milk

DAY 17

京都排骨
Peking Pork

白果莲子绘芦荟
Stewed Aloe Vera with Ginkgo and Lotus Seeds

首乌丹参山梳乌鸡汤
Black Chicken Soup with Danshen, Fleeceflower Root and Hawberry

蒜香橄榄油意大利面
Spaghetti with Garlic and Olive Oil

芝麻糊(甜点)配汤圆
Sesame Paste with Rice Ball

蒸热牛奶
Steamed Milk

DAY 15

彩椒炒鸡丁
Stir Fried Chicken Cube with Bell Peppers

蘑菇炒芥兰
Stir Fried Kale with Mushroom

芦荟莲子排骨汤
Pork Ribs Soup with Aloe Vera and Lotus Seeds

西芹肉碎炒乌冬面
Stir Fried Udon Noodle with Celery and Minced Meat

清凉白果薏米水
Ginkgo Barley

桑叶菊花茶
Chrysanthemum Tea

DAY 18

蒜酥蒸鲮鱼
Steamed Cod Fish with Crispy Garlic

西芹鲜炒杏鲍菇
Stir Fried King Oyster Mushroom with Celery

南瓜板栗排骨汤
Pork Ribs Soup with Pumpkin and Chestnut

红米饭
Red Rice

雪耳桃胶炖雪燕
Snow Fungus with Peach Resin

粉红石榴饮料
Pink Pomegranate Juice

DAY 19

红烧狮子头
Braised Pork Ball in Brown Sauce

银杏炒港芹
Stir Fried Hong Kong Kale with Ginkgo

花旗生红枣枸杞鱼汤
Fish Soup with American Ginseng, Red Dates and Wolfberry

滋补药材烩伊府面
Braised E-Fu Noodles with Nourishing Herbs

莲子橘皮红豆汤
Red bean soup with lotus seed and mandarin peel

桑叶茶
Mulberry Leaf Tea

DAY 22

糖醋排骨
Sweet and Sour Pork Ribs

百花鲜菇烩豆腐
Stuffed Tofu with Fresh Mushroom

山药茯苓补心乌鸡汤
Heart Tonic Black Chicken Soup with Chinese Yam and Fu Ling

紫米饭
Black Rice

清凉白果薏米水
Ginkgo Barley

养生牛蒡茶
Healthy Burdock Root Tea

DAY 20

冬菇烧鸡翅
Braised Chicken Wings and Mushroom in Oyster Sauce

鲍鱼扒菠菜
Braised Abalone with Spinach

天麻玉竹百合南杏排骨汤
Pork Ribs Soup with Tianma, Yuk Zuk, Bai He and Apricot Kernels

五谷米
Five Grains Rice

枸杞桂花果冻
Osmanthus Flower Jelly with Wolfberries

黑豆甘草茶
Black Bean and Licorice Detox Tea

DAY 23

塔香三杯鱼块
Taiwanese Three Cups Basil Leaf Fish Fillet

鸡丁炒奶白菜
Stir Fried Chicken Cube with Pok Choy

杜仲黑豆排骨汤
Pork Ribs Soup with Eucommia and Black Beans

茄汁肉碎煮意粉
Spaghetti with Minced Meat and Tomato Sauce

姜汤汤圆
Rice ball in Ginger Soup

木瓜牛奶
Papaya Milk

DAY 21

鲜炒鸡丁
Stir Fried Chicken Cube

菠菜炒肉片
Stir Fried Pork Fillet with Cabbage

西洋菜枸杞红枣鱼汤
Fish Soup with Watercress, Wolfberry and Red Dates

麻油肉片烩乌冬面
Braised Udon Noodles with Pork Slice and Sesame Oil

香滑黑糯米
Black Glutinous Rice Dessert

当归红枣枸杞茶
Dong Gui, Red Dates and Wolfberry Tea

DAY 24

虫草花蒸鸡
Steamed Chicken with Cordyceps Flower

佛手鱼片
Buddha' sHand with Fish Fillet

炸茸金针菜肉片汤
Fish Fillet Soup with Deep-Fried Golden Needle Vegetable

南瓜枸杞糙米饭
Pumpkin Wolfberry Brown Rice

枸杞桂花果冻
Osmanthus Flower Jelly with Wolfberries

桑叶菊花茶
Chrysanthemum Tea

DAY 25

彩椒炒五花肉
Stir Fried Pork Belly with Bell Peppers

杏鲍菇炒苜蓿
Stir Fried Kale with King Oyster Mushroom

红枣虫草花枸杞排骨汤
Pork Ribs Soup with Red Dates, Cordyceps
Flower 血d Wolfberry

珍菌干烧伊府面
Stir Fried E-Fu Noodles with Mushroom

芝麻糊（甜点）配汤圆
Sesame Paste with Rice Ball

豆浆饮料
Soy Milk

DAY 26

家乡蒸鲜鱼
Steamed Cod Fish Hometown Style

家常豆腐
Homemade Tofu

玉米山药排骨汤
Pork Ribs Soup with Corn and Chinese Yam

麻油姜饭
Ginger-Sesame Rice

龙眼伴杏仁豆腐
Longan Almond Tofu

蒸热牛奶
Steamed Milk

DAY 27

番茄豆腐蒸排骨
Steamed Pork Ribs with Tomato and Tofu

麻香菠菜豆包
Stir-Fried Spinach with Beancurd

雪耳木瓜红枣鸡翅汤
Chicken Wing Soup with Snow Fungus, Papaya
and Red Dates

日本珍珠香米饭
Fragrant Japanese Pearl Rice

红豆汤
Red Bean Soup

粉红石榴饮料
Pink Pomegranate Juice

DAY 28

黑木耳虫草花蒸鸡
Steamed Chicken with Black Fungus and
Cordyceps Flower

肉丝炒芦笋
Stir Fried Pork Fillet with Asparagus

山药茯苓补心排骨汤
Heart Tonic Pork Ribs Soup with Chinese Yam
and Fu Ling

西芹肉碎炒乌冬而
Stir Fried Udon Noodle with Celery and Minced
Meat

姜汤汤圆
Rice ball in Ginger Soup

桑叶茶
Mulberry Leaf Tea

DAY 29

马蹄莲藕焖烧肉
Braised Roast Pork with Water Chestnut Lotus
Root

芦笋炒鸡丁
Stir Fried Chicken Cube with Asparagus

雪耳木瓜红枣排骨汤
Pork Ribs Soup with Snow Fungus, Papaya and
Red Dates

养身糙米丝苗饭
Basmati Brown Rice

清凉白果薏米水
Ginko Barley

黑豆甘草茶
Black Bean and Licorice Detox Tea



DAY 30

塔香三杯鱼块

Taiwanese Style Three Cups Basil Leaf Fish Fillet

肉丝腐竹炒芥兰

Stir Fried Pulled Pork with Tofu Skin and Kale

滋补红枣玉竹ABC排骨汤

Nourishing Pork Ribs ABC Soup with Red Date and Yuk Zuk

蒜香橄榄油意大利面

Spaghetti with Garlic and Olive Oil

枸杞桂花果冻

Osmanthus Flower Jelly with Wolfberries

当归红枣枸杞茶

Dong Gui, Red Dates and Wolfberry Tea

DAY 31

三丝蒸鱼

Three Shredded Garnishing Steamed Fish

鱼片西兰花

Stir Fried Fish Fillet with Broccoli

杜仲补腰排骨汤

Kidney-Nourishing Pork Ribs Soup with Euconnia

红米饭

Red Rice

雪耳桃胶炖雪燕

Snow Fungus with Peach Resin

养生牛蒡茶

Healthy Burdock Root Tea



Dinner

晚餐

DAY 1

香菇山药炒肉片
Fried Pork with Mushroom and Chinese Yam

杏鲍菇炒芥兰
Stir Fried Kale with King Oyster Mushrooms

霸王花百合玉竹解郁鲑鱼汤
Herbal Soup with Salmon with Night Blooming
Cereus, Bai He and Yuk Zuk

西芹肉碎炒乌冬而
Minced Pork Fried Udon with Celery

红豆汤
Red Bean Soup

桑叶茶
Mulberry Leaf Tea

DAY 2

芦笋百合炒肉片
Stir Fried Asparagus and Bai He with Pork Slice

家常豆腐
Homemade Tofu

山药杜仲黑豆强腰排骨汤
Black Bean Pork Ribs Soup with Chinese Yam
and Eucomia

日本珍珠香米饭
Fragrant Japanese Pearl Rice

芝麻糊(甜点)配汤圆
Sesame Paste with Rice Ball

黑豆甘草茶
Black Bean and Licorice Detox Tea

DAY 3

梅酱蒸排骨
Steamed Pork Ribs with Plum Sauce

西兰花炒鱼片
Stir Fried Broccoli Fried Fish Fillet

白芍炙甘草养胃排骨汤
Herbal Pork Ribs Soup with Bai Shao and Zhi
Gan Cao

蒜香橄榄油意大利面
Spaghetti with Garlic and Olive Oil

龙眼伴杏仁豆腐
Almond Tofu with Longan

当归红枣枸杞茶
Dong Gui, Red Dates and Wolfberry Tea

DAY 4

五柳鱼片
Szechuan Sweet & Sour Fish Fillet

肉碎西芹炒双菇
Stir Fried Minced Pork and Celery with
Mushrooms

暖胃四神猪肚汤
Sishen Soup with Pork Stomach and Ribs

养身糙米丝苗饭
Basmati Brown Rice

姜汤圆
Rice ball in Ginger Soup

养生牛蒡茶
Burdock Root Tea

DAY 5

山楂猪脚
Braised Pork Kouckle with Hawberry

港式白灼菜苗
Hong Kong Style Stir Fried Vege

当参枸杞养生鱼汤
Healthy Fish Soup with Dong Gui and
Wolfberry

滋补药材焗伊府而
Braised Ee-Fu Noodles with Nourishing Herbs

莲子橘皮红豆汤
Red bean soup with lotus seed and mandarin
peel

木瓜牛奶
Papaya Milk

DAY 6

京都骨王
Peking Pork Ribs

西兰花彩蔬小炒
Stir Fried Broccoli with Assorted Diced
Vegetables

合桃黑豆莲藕排骨汤
Lotus Root Pork Ribs Soup with Walnut and
Black Be血S

红米饭
Red Rice

清凉白果蕙米水
Ginko Barley

桑叶菊花茶
Mulberry Leaf and Chrysanthemum Te(i

DAY 7

香菇莲子蒸肉末
Steamed Minced Pork with Mushrooms and Lotus Seeds

板栗云耳炒芦笋
Stir Fried Asparagus with Chestnut and Snow Fungus

花旗参牛蒡排骨汤
Pork Ribs Soup with American Ginseng and Burdock Root

麻油肉片炆乌冬而
Braised Udon Noodles with Pork Slice and Sesame Oil

香滑黑糯米
Black Glutinous Rice Dessert

豆浆饮料
Soy Milk

DAY 10

鸡精蒸鲜鱼
Sterun Cod Fish with Chicken Essence

彩椒肉丝炒芦笋
Stir Fried Pulled Pork with Bell Peppers and Asparagus

丹参三七西洋菜桂枝护心排骨汤
Watercress Pork Ribs Soup with Danshen, Tianqi and Guizhi

紫米饭
Black Rice

龙眼伴杏仁豆腐
Longan Almond Tofu

桑叶茶
Mulberry Leaf Tea

DAY 8

山楂红枣菊花蒸石甲鱼
Steamed Siakap with Hawberry, Red Dates & Chrysanthemum

莲子甜炒肉片
Sweet Stir Fried Pork Slice with Lotus Seeds

首乌白灼排骨汤
Pork Ribs Soup with Fleece Flower Root

五谷米
Five Grains Rice

雪耳桃胶炖雪燕
Snow Fungus with Peach Resin

蒸热牛奶
Steamed Milk

DAY 11

葱烧地瓜五花肉
Grilled Pork Belly with Sweet Potato and Spring Onion

罗汉斋菜
Lo Han Vege

山药扶芩枸杞鱼汤
Fish Soup with Chioese Y om, Fu Ling and Wolfberry

珍菌干烧伊府面
Stir Fried Ee-Fu Noodles with Mushroom

莲子橘皮红豆汤
Red bean soup with lotus seed and mandarin peel

黑豆甘草茶
Black Bean and Licorice Detox Tea

DAY 9

马铃薯炖肉
Pork Stew with Potato

菠菜鱼片
Spinach with Fish Fillet

莲子灰实葱仁扶苓四神排骨汤
Sishen Soup with Pork Ribs, Lotus Seeds, Qian Shi, Barley and Fu Ling

茄汁肉碎煮意粉
Spaghetti with Minced Meat and Tomato Sauce

芝麻糊(甜点)配汤圆
Sesame Paste with Rice Ball

粉红石榴饮料
Pink Pomegranate Juice

DAY 12

南瓜烧排骨
Grilled Pork Ribs with Pumpkin

白玉菇炒菜苗
Stir Fried Vege with White Jade Mushroom

党参牛蒡补气排骨汤
Invigorating Pork Ribs Soup with D血shen and Burdock Roots

南瓜枸杞糙米饭
Pumpkin Wolfberry Brown Rice

姜汤汤圆
Rice ball in Ginger Soup

当归红枣枸杞茶
Dong Gui, Red Dates and Wolfberry Tea

DAY 13

茄汁烧鱼
Grilled Fish in Tomato Sauce

肉丝腐竹炒齐兰
Stir Fried Pulled Pork with Tofu Skin and Kale

丹参首乌山柃排骨汤
Pork Ribs Soup with Danshen, Fleece Flower Root and Hawberry

日本珍珠香米饭
Fragrant Japanese Pearl Rice

枸杞桂花果冻
Osmanthus Flower Jelly with Wolfberries

养生牛蒡茶
Healthy Burdock Root Tea

DAY 16

奶香鲜菇鸡
Creamy Mushroom Chicken

黑木耳肉碎炒西兰花
Stir Fried Broccoli with Black Fungus and Minced Meat

番茄蔬菜海带鱼片汤
Fish Fillet Soup with Tomato, Assorted Vegetable and Seaweed

西芹肉碎炒乌冬面
Stir Fried Udon Noodle with Celery and Minced Meat

龙眼伴杏仁豆腐
Longan Almond Tofu

豆浆饮料
Soy Milk

DAY 14

红萝卜土豆焖排骨
Braised Pork Ribs with Carrots and Potatoes

鱼片炒菜苗
Stir Fried Fish Fillet with Vege

昆布白果冬瓜枸杞排骨汤
Pork Ribs Soup with Kombu, Ginkgo, Winter Melon and Wolfberry

麻油姜饭
Ginger-Sesame Rice

红豆汤
Red Bean Soup

木瓜牛奶
Papaya Milk

DAY 17

彩椒炒肉片
Stir Fried Pork Fillet with Bell Peppers

西兰花炒双菇
Stir Fried Broccoli with Mushroom

玉竹南杏百合润肺排骨汤
Lung Nourishing Pork Ribs Soup with Yuk Zuk, Apricot Kernels and Bai He

红米饭
Red Rice

芝麻糊(甜点)配汤圆
Sesame Paste with Rice Ball

蒸热牛奶
Steamed Milk

DAY 15

五柳烧蛙鱼
Szechuan Sweet & Sour Grilled Salmon

四季豆豆干炒肉片
Stir Fried Pork Fillet with French Bean and Dougan

银耳玉竹百合鸡汤
Chicken Soup with White Fungus, Yuk Zuk and Bai He

养身糙米丝苗饭
Basmati Brown Rice

清凉白果薏米水
Ginkgo Barley

桑叶菊花茶
Chrysanthemum Tea

DAY 18

港蒸鲜鱼
Hong Kong Style Steamed Cod Fish

芦笋百合炒鸡丁
Stir Fried Chicken Cube with Asparagus and Bai He

红枣枸杞猴菇益肝脾排骨汤
Liver Nourishing Pork Ribs Soup with Red Dates, Wolfberry, Lion's Mane Mushroom

蒜香橄榄油意大利面
Spaghetti with Garlic and Olive Oil

雪耳桃胶炖雪燕
Snow Fungus with Peach Resin

粉红石榴饮料
Pink Pomegranate Juice

DAY 19

彩椒炒肉片
Stir Fried Pork Fillet with Bell Peppers

四季豆冬菇鱼片
Stir Fried Fish Fillet with French Beans and Mushroom

银耳玉竹百合鸡汤
Chicken Soup with White Fungus, Yuk Zuk and Bai He

五谷米
Five Grains Rice

莲子橘皮红豆汤
Red bean soup with lotus seed and mandarin peel

桑叶茶
Mulberry Leaf Tea

DAY 22

肉末蒸豆腐
Steamed Tofu with Minced Pork

肉丝金针菜绘丝瓜
Steamed Pulled Pork with Golden Needle Vegetable and Sponge Gourd

番茄蔬菜鱼汤
Fish Soup with Tomato and Assorted Vegetables

麻油肉片炆乌冬面
Braised Udon Noodles with Pork Slice and Sesame Oil

清凉白果薏米水
Ginko Barley

养生牛蒡茶
Healthy Burdock Root Tea

DAY 20

马铃薯红烧肉
Braised Pork with Potatoes

上汤枸杞浸菜苗
Vegetable Soup with Wolfherry

黄芪党参山药排骨汤
Pork Ribs Soup with Huang Qi, Danshen and Chinese Yam

滋补药材烩伊府面
Braised Ee-Fu Noodles with Nourishing Herbs

枸杞桂花果冻
Osmanthus Flower Jelly with Wolfberries

黑豆甘草茶
Black Bean and Licorice Detox Tea

DAY 23

黑木耳蒸鸡
Steamed Chicken with Black Fungus

双菇芥兰
Stir Fried Kale with Mushroom

红枣首乌排骨汤
Pork Ribs Soup with Red Dates and Fleece Flower Root

南瓜枸杞糙米饭
Pumpkin Wolfberry Brown Rice

姜汤汤圆
Rice ball in Ginger Soup

木瓜牛奶
Papaya Milk

DAY 21

双菇麻香焖排骨
Braised Pork Ribs with Mushroom

干煸鲜菇肉碎四季豆
Stir Fried Snap Peas with Minced Pork and Mushroom

党参枸杞山药补气排骨汤
Invigorating Pork Ribs Soup with Danshen, Wolfberry and Chinese Yam

紫米饭
Black Rice

香滑黑糯米
Black Glutinous Rice Dessert

当归红枣枸杞茶
Dong Gui, Red Dates and Wolfberry Tea

DAY 24

港井红烧鲑鱼
Teriyaki Salmon with Hong Kong Kale

西芹炒肉片
Stir Fried Pork Fillet with Celery

枸杞菊化鸡汤
Chicken Soup with Wolfberry and Chrysanthemum Flower

茄汁肉碎煮意粉
Spaghetti with Minced Meat and Tomato Sauce

枸杞桂花果冻
Osmanthus Flower Jelly with Wolfberries

桑叶菊花茶
Chrysanthemum Tea

DAY 25

香菇山药炒肉片
Fried Pork with Mushroom and Chinese Yam

枸杞炒菠菜
Stir Fried Cabbage with Wolfberry

银耳玉竹百合排骨汤
Pork Ribs Soup with White Fungus, Yuk Zuk and Bai He

麻油姜饭
Ginger-Sesame Rice

芝麻糊(甜点)配汤圆
Sesame Paste with Rice Ball

豆浆饮料
Soy Milk

DAY 28

烤三文鱼配玉米
Roasted Salmon with Corn

蚝菇炒奶白菜
Stir Fried Bok Choy with Oyster Mushroom

石斛伏苓枸杞明目鸡汤
Eyesight Nourishing Chicken Soup with Dendrobium, Fu Ling and Wolfberry

日本珍珠香米饭
Fragrant Japanese Pearl Rice

姜汤汤圆
Rice ball in Ginger Soup

桑叶茶
Mulberry Leaf Tea

DAY 26

栗子猪脚
Braised Pork Knuckle with Chestnut

芹菜炒豆干
Stir Fried Doufu with Celery

黑蒜莲藕排骨汤
Pork Ribs Soup with Black Garlic 血dLotusRoot

珍菌干烧伊府面
Stir Fried Ee-Fu Noodles with Mus如oom

龙眼伴杏仁豆腐
Longan Almond Tofu

蒸热牛奶
Steamed Milk

DAY 29

奶香鲜菇焖鸡
Creamy Mushroom Braised Chicken

黑木耳绘木瓜
Braised Papaya with Black Fungus

党参玉竹北芪蛙鱼汤
Salmon Soup with Danshen, Yuk Zuk and Beiqi

蒜香橄榄油意大利面
Spaghetti with Garlic and Olive Oil

清凉白果薏米水
Ginko Barley

黑豆甘草茶
Black Bean and Licorice Detox Tea

DAY 27

药膳枸杞蒸鲜鱼
Herbal Steamed Fish with Wolfberry

杂菇炒红苋菜
Stir Fried Red Spinach with Mushroom

六味排骨汤
Six Herbs Pork Ribs Soup (Lok Wei Soup)

西芹肉碎炒乌冬面
Stir Fried Minced Meat Udon Noodle with Celery

红豆汤
Red Bean Soup

粉红石榴饮料
Pink Pomegranate Juice

DAY 30

栗子烧排骨
Grilled Pork Ribs with Chestnuts

菠菜炒鱼片
Stir Fried Fish with Cabbage

芦荟莲子炖鸡汤
Chicken Soup with Aloe Vera and Lotus Seeds

养身糙米丝苗饭
Basmati Brown Rice

枸杞桂花果冻
Osmanthus Flower Jelly with Wolfberries

当归红枣枸杞茶
Dong Gui, Red Dates and Wolfberry Tea

DAY 31

南瓜蒸排骨
Steam Pork Ribs with Pumpkin

西芹炒鸡丁
Stir Fried Chicken Cube with Celery

当归玉竹党参北芪黑豆排骨汤
Pork Ribs Soup with Dong Gui, Yuk Zuk,
Danshen, Beiqi and Black Beans

日本珍珠香米饭
Fragrant Japanese Pearl Rice

雪耳桃胶炖雪燕
Snow Fungus with Peach Resin

养生牛蒡茶
Healthy Burdock Root Tea