



PREGNANCY
MEALS

Rejuvenate Beauty Collagen Menu





PREGNANCY MEALS

Rejuvenate Beauty Collagen Menu

LUNCH MENU

DAY 1

Sweet Citrus Flavored Roasted Salmon | 甜柑橘香烤三文鱼
Braised Assorted Mushrooms with Bergamot Squash | 佛手瓜烩什菌
Black Bean Pork Trotters Soup | 黑豆猪脚汤
Corn Rice | 玉米饭
Aloe Vera and Snow Fungus | 银耳炖芦荟
Fresh Milk | 鲜牛奶

DAY 2

Apple and Onion Pork Chop with Mashed Potato | 苹果洋葱猪扒配土豆泥
Cauliflower and Broccoli with Garlic | 蒜香双菜花
Fish Maw Egg Drop Soup | 鱼鳔蛋花汤
Nutritious Pearl Millet Rice | 小米珍珠营养饭
Peach Gum with Gum Tragacanth Dessert | 雪梨桃胶炖雪燕
Lemon Barley Water | 柠檬薏米水

DAY 3

Grilled Sea Bass with Lemon Butter Sauce | 牛油柠檬汁烤金目鲈
Medley of Vegetables and Summer Fruit | 双果传珍
Seafood Soup | 海味羹
Avocado Fusilli | 凉伴鳄梨螺旋粉
Papaya and Peach Gum Sago | 木瓜桃胶西米露
Pomegranate Drink | 石榴饮料

DAY 4

Chicken Casserole in Red Wine | 红酒焖鸡
Tomato Egg Fried Rice | 番茄炒滑蛋
Double Snow Fungus Soup | 薏仁双耳汤
Cauliflower Rice with Garlic and Herbs | 大蒜香草花椰菜饭
Fruit Platter | 美容养颜水果盘
Chamomile Tea | 甘菊茶

DAY 5

Teriyaki Cod Fish | 日式照烧鳕鱼
Amaranth in Bamboo Shoot Soup | 竹笙浓汤浸苋菜
Pork Rib Soup with Sichuan Scallop and Almond | 川贝杏仁排骨汤
Assorted Mushroom Rice | 香菇杂粮饭
Guava, Peach Gum and Gum Tragacanth Jelly | 胶原蛋白粉红番石榴桃胶雪燕冻
Snow Fungus and Snow Pear Drink | 银耳雪梨水

DAY 6

Marmite Pork Ribs | 妈蜜香排骨
Sauteed Seasonal Vegetables with Mushroom | 香菇扒时蔬
Apple and Snow Fungus Collagen Chicken Soup | 苹果银耳美容鸡汤
Lemon Herb Spaghetti with Avocado and Tomatoes | 柠檬香草鳄梨西红柿意粉
Dragonfruit, Mango, and Coconut Sago Spiced Pudding | 火龙果香芒椰汁西米露
Burdock Tea | 牛蒡茶



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LUNCH MENU

DAY 7

Poached Miso Salmon | 水煮味噌三文鱼
Cauliflower with Snow Fungus and Tofu | 云耳豆腐煮菜花
Winter Melon Soup | 去斑冬瓜美容汤
Five Grains Rice | 五谷米
Stewed Gum Tragacanth with Snow Fungus and Peach Gum | 银耳桃胶炖雪燕
Soy Milk Drink | 豆浆饮料

DAY 8

Shrimp Balls with Cheese | 芝士虾球
Braised Tofu with Minced Meat 肉碎焖豆腐
Tomato and Corn Soup | 番茄玉米羹
Mixed Rice with Longan and Goji Berries | 枸杞龙眼杂糴饭
Honey Roasted Purple Potatoes | 蜜汁烤红紫薯
Rose Green Tea | 玫瑰绿茶

DAY 9

Lemon Grilled Sea Bass in Pesto Cream | 香蒜奶油烤柠檬香鲈鱼
Stir-Fried Asparagus with Snow Fungus | 雪耳炒芦笋
Beetroot and Barley Soup | 甜菜根薏米汤
Spaghetti Bolognese | 番茄肉酱意粉
Peach Gum with Papaya and Snow Fungus | 木瓜银耳炖桃胶
Honey Lemon Drink | 柠檬蜜糖水

DAY 10

Pumpkin Pork Chop | 金瓜猪扒
Braised Tofu with Fresh Mushrooms | 百花鲜菇烩豆腐
Chicken Soup with Coconut and Goji Berry | 椰子炖枸杞鸡汤
Sweet Potato Rice | 紫薯饭
Fruit Salad | 水果沙拉
Jasmine Tea | 茉莉花茶

DAY 11

Tahini Spiced Fish Nuggets | 塔香三杯鱼块
Braised Potatoes with Minced Pork | 肉碎焖土豆
Pork Leg Soup with Red Beans | 芡实红豆猪脚汤
Garlic Herb Butter Cauliflower Rice with Carrots
胡萝卜大蒜欧芹香草黄油花椰菜饭
Rose Stewed Gum Tragacanth with Goji Berry | 玫瑰枸杞炖雪燕
Fresh Milk | 鲜牛奶

DAY 12

Teriyaki Mid Wings | 照烧鸡中翅
Stir-Fried Cauliflower with Snow Fungus | 花椰菜云耳炒百合
Apple Pork Rib Soup with Fish Maw | 苹果鱼鳔排骨汤
Spaghetti in White Sauce | 西式白汁煮意粉
Pink Guava Panna Cotta | 粉红番石榴意式奶冻
Lemon Barley Water | 柠檬薏米水





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LUNCH MENU

DAY 13

Grilled Salmon in White Sauce | 白汁香烤三文鱼
Mexican Omelette with Meat and Vegetables | 健康墨西哥菜肉馅烘蛋饼
Seafood Pumpkin Soup | 海皇南瓜羹
Tomato Rice | 番茄饭
Avocado Salad | 鳄梨丁沙拉
Pomegranate Drink | 石榴饮料

DAY 14

Pork Chop | 功夫猪扒
Braised Tofu with Shiitake Mushrooms | 香菇红烧滑豆腐
Peach Gum, Snow Fungus and Gum Tragacanth Soup | 桃胶银耳雪燕美容养颜汤
Cheese Baked Rice with Diced Chicken | 芝士鸡丁焗饭
Papaya and Coconut Sago | 木瓜椰汁西米露
Chamomile Tea | 甘菊茶

DAY 15

Pan-fried Cod Fish with Yuzu | 柚子香煎鳕鱼
Spanish Peppers and Tomato Omelette | 西班牙彩椒西红柿煎蛋卷
Black Chicken Soup with Ginseng and Dried Scallops | 人参干贝炖黑鸡汤
Aglio Olio with Shrimp Balls | 橄榄油蒜香虾球意粉
Spiced Mango Sago with Coconut Jelly | 香芒西米椰子冻
Snow Fungus and Snow Pear Drink | 银耳雪梨水

DAY 16

Chicken Casserole with Mushroom and Potatoes | 香菇土豆焖鸡
Steamed Seasonal Vegetables Bun | 豆包扒时蔬
Pork Rib Soup with Apple and Fig | 无花果排骨炖苹果汤
Miso Diced Chicken Udon Noodles Soup | 味噌鸡丁乌冬汤面
Pink Guava and Grapefruit Sago | 粉红番石榴柚子西米露
Burdock Tea | 牛蒡茶

DAY 17

Steamed Sea Bass with Garlic | 蒜香蒸金目鲈
Braised Luffa with Dried Scallops | 干贝烩丝瓜
Tomato Borscht | 番茄罗宋汤
Corn Rice | 玉米饭
Aloe Vera and Snow Fungus | 银耳炖芦荟
Soy Milk Drink | 豆浆饮料

DAY 18

Kyoto Pork Ribs | 京都排骨
Steam Egg with Shrimp Balls | 虾球蒸滑蛋
Sea Cucumber and Fish Maw Soup | 海参鱼鳔羹
Nutritious Pearl Millet Rice | 小米珍珠营养饭
Snow Pear, Peach Gum and Gum Tragacanth Soup | 雪梨桃胶炖雪燕
Rose Green Tea | 玫瑰绿茶





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DINNER MENU

DAY 1

Chicken casserole with Mushroom and Potatoes | 香菇土豆焖鸡
Stir-fried White Lily with Cauliflower and Cloud Fungus | 花椰菜云耳炒百合
Pork Rib Soup with Cloud Fungus and Red Dates | 云耳红枣排骨汤
Miso Diced Chicken Udon Noodles Soup | 味噌鸡丁乌冬汤面
Aloe Vera and Snow Fungus | 银耳炖芦荟
Red Date Longan Tea | 红枣龙眼茶

DAY 2

Pan-fried Cod Fish with Yuzu | 柚子香煎鳕鱼
Braised Potatoes with Minced Pork | 肉碎焖土豆
Chicken Soup with Snow Fungus, Papaya and Peanuts | 银耳木瓜花生鸡汤
Aglio Olio with Shrimp Balls | 橄榄油蒜香虾球意粉
Peach Gum with Gum Tragacanth Dessert | 雪梨桃胶炖雪燕
Burdock Tea | 牛蒡茶

DAY 3

Pork Chop | 功夫猪扒
Braised Tofu with Fresh Mushrooms | 百花鲜菇烩豆腐
Pork Leg Soup with Seaweed and Soy Beans | 海带黄豆猪脚汤
Cheese Baked Rice with Diced Chicken | 芝士鸡丁焗饭
Papaya and Peach Gum Sago | 木瓜桃胶西米露
Soy Milk Drink | 豆浆饮料

DAY 4

Grilled Salmon in White Sauce | 白汁香烤三文鱼
Stir-Fried Asparagus with Snow Fungus | 雪耳炒芦笋
Fish Maw Soup with Crab Meat | 蟹肉鱼鳔羹
Tomato Rice | 番茄饭
Fruit Platter | 美容养颜水果盘
Rose Green Tea | 玫瑰绿茶

DAY 5

Pumpkin Pork Chop | 金瓜猪扒
Steamed Seasonal Vegetables Bun | 豆包扒时蔬
Pork Rib Soup with Papaya and Walnuts | 核桃木瓜排骨汤
Spaghetti in White Sauce | 西式白汁煮意粉
Guava, Peach Gum and Gum Tragacanth Jelly | 胶原蛋白粉红番石榴桃胶雪燕冻
Honey Lemon Drink | 柠檬蜜糖水

DAY 6

Tahini Spiced Fish Nuggets | 塔香三杯鱼块
Spanish Peppers and Tomato Omelette | 西班牙彩椒西红柿煎蛋卷
Creamy Avocado Red Beancurd Soup | 奶油鳄梨甜椒汤
Garlic Herb Butter Cauliflower Rice with Carrots
胡萝卜大蒜欧芹香草黄油花椰菜饭
Dragonfruit, Mango, and Coconut Sago Spiced Pudding | 火龙果香芒椰汁西米露
Jasmine Tea | 茉莉花茶



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LUNCH MENU

DAY 19

Honey-Grilled Salmon with Cherry Tomatoes | 蜂蜜烤三文鱼配樱桃番茄
Medley of Vegetables and Summer Fruit | 双果传珍
Shrimp Balls in Seaweed and Tofu Soup | 虾球海带豆腐汤
Avocado Fusilli | 凉拌鳄梨螺旋粉
Papaya and Peach Gum Sago | 木瓜牛奶桃胶西米露
Honey Lemon Drink | 柠檬蜜糖水

DAY 20

Stir-fried Diced Chicken with Broccoli | 西兰花炒鸡丁
Grilled Tofu with Dried Scallops and Enoki Mushroom | 干贝金菇扒豆腐
Snow Pear Pork Leg Soup | 雪梨猪脚美容汤
Cauliflower Rice with Garlic and Herbs | 大蒜香草花椰菜饭
Fruit Platter | 美容养颜水果盘
Jasmine Tea | 茉莉花茶

DAY 21

Steamed Cod Fish with Red Dates and Goji Berry | 红枣枸杞蒸鳕鱼
Tomato Egg Fried Rice | 番茄炒滑蛋
Snow Fungus, Papaya, and Beetroot Soup | 甜菜根雪耳木瓜美容汤
Assorted Mushroom Rice | 香菇杂糰饭
Pink Guava with Peach Gum and Gum Tragacanth Jelly
胶原蛋白粉红番石桃胶雪燕冻
Fresh Milk | 鲜牛奶

DAY 22

Creamy Fresh Mushroom with Diced Chicken | 奶香鲜菇烩鸡丁
Braised Assorted Mushrooms with Bergamot Squash | 佛手瓜烩什菌
Collagen Chicken Soup with Snow Pear | 胶原蛋白雪梨炖鸡汤
Lemon Herb Spaghetti with Avocado and Tomatoes | 柠檬香草鳄梨西红柿意粉
Dragonfruit, Mango, and Coconut Sago Spiced Pudding | 火龙果香芒椰汁西米露
Lemon Barley Water | 柠檬薏米水

DAY 23

Fish Fillet with Sweet Citrus Chilli Sauce | 甜橘辣酱配鱼片
Braised Tofu with Minced Pork | 肉碎炆豆腐
Western-Style Mushroom Soup | 西式蘑菇汤
Five Grains Rice | 五谷米
Stewed Gum Tragacanth with Snow Fungus and Peach Gum | 银耳桃胶炖雪燕
Pomegranate Drink | 石榴饮料





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LUNCH MENU

DAY 24

Marmite Mid Wings | 妈蜜鸡中翅
Spinach with Fish Maw and Goji Berry in Egg White | 枸杞蛋清鱼鳔扒菠菜
Pork Rib Soup with Adzuki Beans and Chickpea | 薏米赤小豆炖排骨汤
Mixed Rice with Longan and Goji Berries | 枸杞龙眼杂糰饭
Honey Roasted Purple Potatoes | 蜜汁烤红紫薯
Chamomile Tea | 甘菊茶

DAY 25

Grilled Salmon | 红烧三文鱼
Cauliflower with Snow Fungus and Tofu | 云耳豆腐煮菜花
Gorgo Lotus Seed Soup | 芡实莲子汤
Spaghetti Bolognese | 番茄肉酱意粉
Peach Gum with Papaya and Snow Fungus | 木瓜雪耳炖桃胶
Snow Fungus and Snow Pear Drink | 银耳雪梨水

DAY 26

Red Wine Rosemary Chicken Casserole with Mashed Potato
红酒迷迭香焖鸡配土豆泥
Seasonal Vegetables with Pumpkin and Goji Berry | 南瓜枸杞蒸配时蔬
Creamy Avocado Soup | 奶油鳄梨甜椒汤
Sweet Potato Rice | 紫薯饭
Fruit Salad | 水果沙拉
Burdock Tea | 牛蒡茶

DAY 27

Steamed Cod Fish with Pumpkin and Goji Berry | 金瓜枸杞蒸鳕鱼
Sauteed Seasonal Vegetables with Mushroom | 香菇扒时蔬
Pork Rib Soup with Papaya and Walnuts | 核桃木瓜排骨汤
Garlic Herb Butter Carrot and Cauliflower | 胡萝卜大蒜欧芹香草黄油花椰菜
Rose Stewed Gum Tragacanth with Goji Berry | 玫瑰枸杞炖雪燕
Soy Milk Drink | 豆浆饮料

DAY 28

Avocado with Diced Chicken | 鳄梨凉拌鸡丁
Cauliflower and Broccoli with Garlic | 蒜香双菜花
Meat and Fish Maw Soup | 蚬肉鱼鳔羹
Spaghetti in White Sauce | 西式白汁煮意粉
Pink Guava Panna Cotta | 粉红番石榴意式奶冻
Rose Green Tea | 玫瑰绿茶

DAY 29

Sliced Fish in Hoisin Sauce | 胡麻酱鱼片
Braised Luffa with Dried Scallops | 干贝烩丝瓜
Chicken Soup with Snow Fungus, Papaya and Peanuts | 银耳木瓜花生鸡汤
Tomato Rice | 番茄饭
Avocado Salad | 鳄梨丁沙拉
Honey Lemon Drink | 柠檬蜜糖水



PREGNANCY
MEALS

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LUNCH MENU

DAY 30

Seafood Superior Pot | 海味一品烩
Stir-Fried Asparagus with Snow Fungus | 雪耳炒芦笋
Pork Leg Soup with Seaweed and Soy Beans | 海带黄豆猪脚汤
Cheese Baked Rice with Diced Chicken | 芝士鸡丁焗饭
Papaya and Coconut Sago | 木瓜椰汁西米露
Jasmine Tea | 茉莉花茶

DAY 31

Grilled Sea Bass with Cheese | 芝士烤金目鲈
Braised Tofu with Fresh Mushrooms | 百花鲜菇烩豆腐
Pork Rib Soup with Cloud Fungus and Red Dates | 云耳红枣排骨汤
Aglio Olio with Shrimp Balls | 橄榄油蒜香虾球意粉
Spiced Mango Sago with Coconut Jelly | 香芒西米椰子冻
Red Date Longan Tea | 红枣龙眼茶



PREGNANCY MEALS

Rejuvenate Beauty Collagen Menu

DINNER MENU

DAY 7

Teriyaki Mid Wings | 照烧鸡中翅
Braised Tofu with Shiitake Mushrooms | 香菇红烧滑豆腐
Gorgo Lotus Seed Soup | 芡实莲子汤
Sweet Potato Rice | 紫薯饭
Stewed Gum Tragacanth with Snow Fungus and Peach Gum | 银耳桃胶炖雪燕
Fresh Milk | 鲜牛奶

DAY 8

Lemon Grilled Sea Bass in Pesto Cream | 香蒜奶油烤柠檬香鲈鱼
Mexican Omelette with Meat and Vegetables | 健康墨西哥菜肉馅烘蛋饼
Pork Rib Soup with Adzuki Beans and Chickpeas | 薏米赤小豆炖排骨汤
Spaghetti Bolognese | 番茄肉酱意粉
Honey Roasted Purple Potatoes | 蜜汁烤红紫薯
Lemon Barley Water | 柠檬薏米水

DAY 9

Shrimp Balls with Cheese | 芝士虾球
Tomato Egg Fried Rice | 番茄炒滑蛋
Collagen Chicken Soup with Snow Pear | 胶原蛋白雪梨炖鸡汤
Mixed Rice with Longan and Goji Berries | 枸杞龙眼杂粮饭
Peach Gum with Papaya and Snow Fungus | 木瓜银耳炖桃胶
Pomegranate Drink | 石榴饮料

DAY 10

Poached Miso Salmon | 水煮味噌三文鱼
Medley of Vegetables and Summer Fruit | 双果传珍
Western-Style Mushroom Soup | 西式蘑菇汤
Five Grains Rice | 五谷米
Fruit Salad | 水果沙拉
Chamomile Tea | 甘菊茶

DAY 11

Marmite Pork Ribs | 妈蜜香排骨
Cauliflower and Broccoli with Garlic | 蒜香双菜花
Snow Fungus, Papaya, and Beetroot Soup | 甜菜根雪耳木瓜美容汤
Spaghetti with Lemon, Cilantro, Tomatoes, and Avocado
柠檬香菜鳄梨西红柿意粉
Rose Stewed Gum Tragacanth with Goji Berry | 玫瑰枸杞炖雪燕
Snow Fungus and Snow Pear Drink | 银耳雪梨水

DAY 12

Grilled Sea Bass with Lemon Butter Sauce | 牛油柠檬汁烤金目鲈
Braised Assorted Mushrooms with Bergamot Squash | 佛手瓜烩什菌
Shrimp Balls in Seaweed and Tofu Soup | 虾球海带豆腐汤
Assorted Mushroom Rice | 香菇杂粮饭
Pink Guava Panna Cotta | 粉红番石榴意式奶冻
Burdock Tea | 牛蒡茶





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DINNER MENU

DAY 13

Chicken Casserole in Red Wine | 红酒焖鸡
Braised Tofu with Minced Meat | 肉碎焖豆腐
Snow Pear Pork Leg Soup | 雪梨猪脚美容汤
Cauliflower Rice with Garlic and Herbs | 大蒜香草花椰菜饭
Avocado Salad | 鳄梨丁沙拉
Soy Milk Drink | 豆浆饮料

DAY 14

Teriyaki Cod Fish | 日式照烧鳕鱼
Cauliflower with Snow Fungus and Tofu | 云耳豆腐煮菜花
Sea Cucumber and Fish Maw Soup | 海参鱼鳔羹
Avocado Fusilli | 凉拌鳄梨螺旋粉
Papaya and Coconut Sago | 木瓜椰汁西米露
Rose Green Tea | 玫瑰绿茶

DAY 15

Apple and Onion Pork Chop with Mashed Potato | 苹果洋葱猪扒配土豆泥
Sautéed Seasonal Vegetables with Mushroom | 香菇扒时蔬
Tomato Borscht | 番茄罗宋汤
Nutritious Pearl Millet Rice | 小米珍珠营养饭
Spiced Mango Sago with Coconut Jelly | 香芒西米椰子冻
Honey Lemon Drink | 柠檬蜜糖水

DAY 16

Sweet Citrus Flavored Roasted Salmon | 甜柑橘香烤三文鱼
Amaranth in Bamboo Shoot Soup | 竹笋浓汤浸苋菜
Peach Gum, Snow Fungus and Gum Tragacanth Soup | 桃胶银耳雪燕美容养颜汤
Corn Rice | 玉米饭
Pink Guava and Grapefruit Sago | 粉红番石榴柚子西米露
Jasmine Tea | 茉莉花茶

DAY 17

Red Wine Rosemary Chicken Casserole with Mashed Potato
红酒迷迭香焖鸡配土豆泥
Cauliflower and Broccoli with Garlic | 蒜香双菜花
Pork Rib Soup with Apple and Fig | 无花果排骨炖苹果汤
Aglio Olio with Shrimp Balls | 橄榄油蒜香虾球意粉
Aloe Vera and Snow Fungus | 银耳炖芦荟
Fresh Milk | 鲜牛奶

DAY 18

Steamed Cod Fish with Pumpkin and Goji Berry | 金瓜枸杞蒸鳕鱼
Sautéed Seasonal Vegetables with Mushroom | 香菇扒时蔬
Black Chicken Soup with Ginseng and Dried Scallops | 人参干贝炖黑鸡汤
Cheese Baked Rice with Diced Chicken | 芝士鸡丁焗饭
Snow Pear, Peach Gum and Gum Tragacanth Soup | 雪梨桃胶炖雪燕
Lemon Barley Water | 柠檬薏米水





PREGNANCY MEALS

Rejuvenate Beauty Collagen Menu

DINNER MENU

DAY 19

Avocado with Diced Chicken | 鳄梨凉伴鸡丁
Braised Tofu with Fresh Mushrooms | 百花鲜菇烩豆腐
Seafood Pumpkin Soup | 海皇南瓜羹
Tomato Rice | 番茄饭
Papaya and Peach Gum Sago | 木瓜牛奶桃胶西米露
Pomegranate Drink | 石榴饮料

DAY 20

Sliced Fish in Hoisin Sauce | 胡麻酱鱼片
Cauliflower with Snow Fungus and Tofu | 云耳豆腐煮菜花
Apple Pork Rib Soup with Fish Maw | 苹果鱼鳔排骨汤
Spaghetti in White Sauce | 西式白汁煮意粉
Fruit Platter | 美容养颜水果盘
Chamomile Tea | 甘菊茶

DAY 21

Seafood Superior Pot | 海味一品烩
Medley of Vegetables and Summer Fruit | 双果传珍
Chicken Soup with Coconut and Goji Berry | 椰子炖枸杞鸡汤
Garlic Herb Butter Carrot and Cauliflower | 胡萝卜大蒜欧岩香草黄油花椰菜
Pink Guava with Peach Gum and Gum Tragacanth Jelly
胶原蛋白粉红番石榴桃胶雪燕冻
Snow Fungus and Snow Pear Drink | 银耳雪梨水

DAY 22

Grilled Sea Bass with Cheese | 芝士烤金目鲈
Braised Luffa with Dried Scallops | 干贝烩丝瓜
Pork Leg Soup with Red Beans | 芡实红豆猪脚汤
Sweet Potato Rice | 紫薯饭
Dragonfruit, Mango, and Coconut Sago Spiced Pudding | 火龙果香芒椰汁西米露
Burdock Tea | 牛蒡茶

DAY 23

Kyoto Pork Ribs | 京都排骨
Seasonal Vegetables with Pumpkin and Goji Berry | 南瓜枸杞蒸配时蔬
Beetroot and Barley Soup | 甜菜根薏米汤
Spaghetti Bolognese | 番茄肉酱意粉
Stewed Gum Tragacanth with Snow Fungus and Peach Gum | 银耳桃胶炖雪燕
Soy Milk Drink | 豆浆饮料





PREGNANCY MEALS

Rejuvenate Beauty Collagen Menu

DINNER MENU

DAY 24

Steamed Sea Bass with Garlic | 蒜香蒸金目鲈
Stir-Fried Asparagus with Snow Fungus | 雪耳炒芦笋
Tomato and Corn Soup | 番茄玉米羹
Miso Diced Chicken Udon Noodles Soup | 味噌鸡丁乌冬汤面
Honey Roasted Purple Potatoes | 蜜汁烤红紫薯
Rose Green Tea | 玫瑰绿茶

DAY 25

Stir-fried Diced Chicken with Broccoli | 西兰花炒鸡丁
Grilled Tofu with Dried Scallops and Enoki Mushroom | 干贝金菇扒豆腐
Winter Melon Soup | 去斑冬瓜美容汤
Five Grains Rice | 五谷米
Peach Gum with Papaya and Snow Fungus | 木瓜雪耳炖桃胶
Honey Lemon Drink | 柠檬蜜糖水

DAY 26

Honey-Grilled Salmon with Cherry Tomatoes | 蜂蜜烤三文鱼配樱桃番茄
Medley of vegetables and summer fruit | 双果传珍
Apple and Snow Fungus Collagen Chicken Soup | 苹果银耳美容鸡汤
Lemon Herb Spaghetti with Avocado and Tomatoes | 柠檬香草鳄梨西红柿意粉
Fruit Salad | 水果沙拉
Jasmine Tea | 茉莉花茶

DAY 27

Creamy Fresh Mushroom with Diced Chicken | 奶香鲜菇烩鸡丁
Steam Egg with Shrimp Balls | 虾球蒸滑蛋
Pork Rib Soup with Sichuan Scallop and Almond | 川贝杏仁排骨汤
Assorted Mushroom Rice | 香菇杂粮饭
Rose Stewed Gum Tragacanth with Goji Berry | 玫瑰枸杞炖雪燕
Fresh Milk | 鲜牛奶

DAY 28

Steamed Cod Fish with Red Dates and Goji Berry | 红枣枸杞蒸鳕鱼
Braised Luffa with Dried Scallops | 干贝烩丝瓜
Double Snow Fungus Soup | 薏仁双耳汤
Cauliflower Rice with Garlic and Herbs | 大蒜香草花椰菜饭
Pink Guava Panna Cotta | 粉红番石榴意式奶冻
Lemon Barley Water | 柠檬薏米水

DAY 29

Marmite Mid Wings | 妈蜜鸡中翅
Seasonal Vegetables with Pumpkin and Goji Berry | 南瓜枸杞蒸配时蔬
Seafood Soup | 海味羹
Nutritious Pearl Millet Rice | 小米珍珠营养饭
Avocado Salad | 鳄梨丁沙拉
Pomegranate Drink | 石榴饮料



PREGNANCY
MEALS

Rejuvenate Beauty Collagen Menu

DINNER MENU

DAY 30

Fish Fillet with Sweet Citrus Chilli Sauce | 甜橘辣酱配鱼片
Cauliflower with Snow Fungus and Tofu | 云耳豆腐煮菜花
Fish Maw Egg Drop Soup | 鱼鳔蛋花汤
Avocado Fusilli | 凉伴鳄梨螺旋粉
Papaya and Coconut Sago | 木瓜椰汁西米露
Chamomile Tea | 甘菊茶

DAY 31

Grilled Salmon | 红烧三文鱼
Spinach with Fish Maw and Goji Berry in Egg White | 枸杞蛋清鱼鳔扒菠菜
Black Bean Pork Trotters Soup | 黑豆猪脚汤
Corn Rice | 玉米饭
Spiced Mango Sago with Coconut Jelly | 香芒西米椰子冻
Snow Fungus and Snow Pear Drink | 银耳雪梨水