



PREGNANCY  
MEALS

# Vegetarian Confinement Menu



## LUNCH MENU 午餐

### DAY 1

Mock Meat w Pumpkin & Burdock Root  
南瓜牛蒡炒素肉

Stir Fried Spinach with Bean Curd  
菠菜炒豆包

Chinese Yam with Papaya Mock  
Fish Soup  
木瓜山药素鱼汤

Healthy Brown Rice  
养生糙米丝苗饭

Red Bean Soup  
红豆汤

### DAY 4

Stir Fried Mock Sliced Fish with  
Pumpkin  
南瓜烧素鱼片

Stir Fried Asparagus with White  
Fungus + Chestnut  
芦笋炒白木耳板栗

Nourishing Bean Curd Corn Soup  
养生豆包玉米汤

Healthy Brown Rice  
养生糙米丝苗饭

Rice ball in Ginger Soup  
姜汤汤圆

### DAY 2

Stir Fried Mock Meat with  
Shredded Ginger  
姜丝炒素肉

Stir Fried Broccoli with Mushroom  
西兰花炒鲜菇

Assorted Mushroom with  
Capsicum Soup  
什锦蘑菇辣椒汤

Japanese Pearl Rice  
日本珍珠香米饭

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

### DAY 5

Steamed Mock Fish  
蒸香素鱼

Stir Fried HK Kai Lan with Gingko  
银杏炒香港凯兰

Stewed Red Bean with Mock Pork Ribs  
Soup 红豆素排骨汤

Papaya Porridge with Gingko and  
Goji-berry  
银杏枸杞木瓜粥

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

### DAY 3

Stir Fried Mock Meat with  
Sesame Seed & Burdock Root  
芝麻牛蒡炒素肉

Stir Fried Snow Pea &  
King Oyster Mushroom  
甜豆炒鲍菇

Si Shen with Mock Chestnut  
Chicken Soup  
四神板栗素鸡汤

Confinement Nourishing Herbal  
Braised Ee Fu Noodle  
滋补药材红烧伊芙面

Longan Almond Tofu  
龙眼伴杏仁豆腐

### DAY 6

Stir Fried Mock Meat with Pumpkin &  
Burdock Root  
南瓜牛蒡炒素肉

Stir Fried Assorted Vegetable with Fresh  
Mushroom  
什锦炒鲜菇

Herbal Ten Tonic Strengthening Soup  
素草本十补强汤

Fried Brown Rice  
炒糙米

Ginko Barley  
清凉白果薏米水

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

\*\* Daily Complimentary Red Date Tea with Ginger and Wolfberries with Every Package Order



## DAY 7

Stir Fried Sliced Mock Pork Cashew  
Nut & Lotus Seed  
腰果莲子炒素肉片

Braised Bean Curd Stick & Bean  
Curd  
腐竹烧豆腐

Shredded Ginger with Corn Mock  
Fish Soup  
姜丝素鱼玉米汤

Japanese Pearl Rice  
日本珍珠香米饭

Black Glutinous Rice Dessert  
香滑黑糯米

## DAY 10

Stir-fried Ginger Mock Lean Pork  
清炒姜素瘦肉

Baby Kai Lan with Chinese Mushroom  
芥兰炒蘑菇

Lotus Root Mock Pork Rib Soup  
蓮藕素排骨湯

Pumpkin Porridge with Goji-berry  
枸杞南瓜粥

Longan Almond Tofu  
龙眼伴杏仁豆腐

## DAY 8

Stir Fried Sliced Mock Pork with  
Ginger Sauce  
姜汁炒素肉片

Stir Fried Mock Prawn with Celery  
西芹炒素虾仁

Shredded Ginger with Mock  
Chicken Corn Soup  
姜丝配素鸡玉米汤

Healthy Brown Rice  
养生糙米丝苗饭

Snow Fungus with Peach Resin  
雪耳桃胶炖雪燕

## DAY 11

Sesame oil, Tomato Fried w Mock Pork  
Kidney  
麻油番茄炒素猪腰

Stir Fried Nai Bai with Oyster Mushroom  
蠔菇炒奶白

Nourishing Red Date ABC Soup  
滋補紅棗素ABC湯

Healthy Brown Rice  
养生糙米丝苗饭

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

## DAY 9

Stir Fried Mock Pork Slices in  
Herbal Wine  
炒猪素肉片

Stir Fried Kai Lan with Reishi  
Mushroom  
芥兰炒灵芝菇

Polygonum (He Shou Wu) with  
Mushroom Soup  
首乌鲜菇汤

Wok-Fried Mock Lean Pork White  
Bee Hoon  
白米粉炒素瘦猪肉片

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

## DAY 12

Stir Fried Mock Fish with Chestnut  
栗子烧素鱼

Braised Lotus Root with Tofu  
蓮藕烩豆腐

Black Bean with Mock Chicken Soup  
黑豆素鸡汤

Trio Mushroom Goji-berry Brown Rice  
枸杞三重蘑菇糙米

Rice Ball in Ginger Soup  
姜汤汤圆

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

\*\* Daily Complimentary Red Date Tea with Ginger and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 13

Stir Fried Shredded Mock Pork  
Capsicum & Bean Curd  
彩椒豆干炒素肉丝

Stir Fry pumpkin with Black Fungus  
黑木耳炒南瓜

Red Date & Wolfberries (Qi Zhi)  
with Mock Fish Soup  
红枣枸杞素鱼汤

Healthy Brown Rice  
养生糙米丝苗饭

Osmanthus Flower Jelly with  
Wolfberries  
枸杞桂花果冻

## DAY 16

Stir Fried Vegetarian Sweet & Sour  
Pork  
素咕咾肉

Stir Fried HK Kai Lan with Bean Curd  
Gingko  
银杏炒豆干香港凯兰

Unripe Papaya with Vegetarian Ball  
Soup  
青木瓜素丸汤

Sweet Potato Porridge  
红薯粥

Longan Almond Tofu  
龙眼伴杏仁豆腐

## DAY 14

Stir Fried Shredded Mock Pork  
Cauliflower  
素彩椒炒肉丝花椰菜

Steamed Bean curd with  
Mushroom Wolfberries  
香菇枸杞蒸豆腐

Double Boiled Spleen  
Strengthening ABC Soup  
素ABC汤健脾老火汤

Japanese Pearl Rice  
日本珍珠香米饭

Red Bean Soup  
红豆汤

## DAY 17

Stir Fried Lemon Grass Baby Corn in  
King Oyster Mushroom  
玉米烧杏鲍菇

Stir Fried French Bean with Bean Curd  
四季豆炒豆干

Assorted Mushroom with Mock  
Chicken Chestnut Soup  
栗子+菇素鸡汤

Healthy Brown Rice  
养生糙米丝苗饭

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

## DAY 15

Stir Fried Mock Meat with Pumpkin  
& Burdock Root  
南瓜牛蒡炒素肉

Stir Fried White Fungus Asparagus  
with Water Chestnut  
荸荠炒白木耳芦笋

Lion's Mane Mushroom with Mock  
Pork Rib Soup  
猴菇素排骨汤

Fried Brown Rice  
炒糙米

Ginko Barley  
清凉白果薏米水

## DAY 18

Pan Seared Mock Pork Rib with  
Pumpkin Sauce  
南瓜酱烤素排骨

Stir Fried Broccoli Fungus and Minced  
Mock Pork  
黑木耳素肉末炒西兰花

Nourishing Bean Curd Corn Soup  
养生豆包玉米汤

Confinement Nourishing Herbal Braised  
Ee Fu Noodle  
滋补药材红烧伊芙面

Snow Fungus with Peach Resin  
雪耳桃胶炖雪燕



\*\* Daily Complimentary Red Date Tea with Ginger  
and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 19

Mock Meatballs Mushroom Sauce  
素狮头丸配蘑菇酱

Stew Pumpkin with Goji Mock Pork  
Minced  
素枸杞肉碎南瓜

Shredded Ginger with Mock Fish  
Soup 姜丝素鱼汤

Papaya Porridge with Ginkgo and  
Goji-berry  
银杏枸杞木瓜粥

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

## DAY 22

Stir Fried Baby Corn in King Oyster  
Mushroom  
玉米烧杏鲍菇

Stir Fried French Bean with Bean Curd  
四季豆炒豆干

Nourishing Red Date ABC Soup  
滋补红棗素ABC湯

Japanese Pearl Rice  
日本珍珠香米饭

Ginkgo Barley  
清凉白果薏米水

## DAY 20

Kyoto Vinegar Mock Pork Ribs  
素京都醋排骨

Braised Lotus Root with Tofu  
莲藕烩豆腐

Polygonum (He Shou Wu) with  
Mushroom Soup  
首乌鲜菇汤

Healthy Brown Rice  
养生糙米丝苗饭

Osmanthus Flower Jelly with  
Wolfberries  
枸杞桂花果冻

## DAY 23

Stir Fried Mock Mutton with Capsicum  
彩椒炒素羊肉

Stir Fried Yu Mai Cai and Minced Pork  
Meat  
炒鱼麦菜素肉末

Burdock Root (Niu Bang) with Mock  
Chicken Soup  
牛蒡素鸡汤

Healthy Brown Rice  
养生糙米丝苗饭

Rice ball in Ginger Soup  
姜汤汤圆

## DAY 21

Stir Fried Mock Mutton with  
Capsicum  
彩椒炒素羊肉

Stir Fried Mock Fish with Chestnut  
栗子烧素鱼

Nourishing Dang Gui Mock Pork  
Rib Soup  
红枣当归素排骨汤

Fried Brown Rice  
炒糙米

Black Glutinous Rice Dessert  
香滑黑糯米

## DAY 24

Steamed Preserved Sweet Vegetables  
with Mock Pork  
梅菜素猪肉

Stir Fried Broccoli Mushrooms and  
Minced Tofu  
三重蘑菇素肉末炒西

Dioscorea (Huai Shan) Calming Soup  
淮竹安神汤

Wok-Fried Mock Lean Pork White Bee  
Hoon  
白米粉炒素瘦猪肉片

Osmanthus Flower Jelly with  
Wolfberries  
枸杞桂花果冻

\*\* Daily Complimentary Red Date Tea with Ginger  
and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 25

Mock Meatballs Mushroom Sauce  
素狮头丸配蘑菇酱

Stew Pumpkin with Goji Mock Pork  
Minced  
素枸杞肉碎南瓜

Nourishing Herbal MockFish Soup  
药膳养生素鱼汤

Sweet Potato Porridge  
红薯粥

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

## DAY 28

Sliced Mock Lion's Mane Mushroom  
& Chinese Yam  
猴菇山药炖素肉片

Stir Fried Broccoli Black Fungus  
Minced Mock Pork  
黑木耳素肉末炒西兰花

Shredded Ginger with Mock Chicken  
Corn Soup  
姜丝配素鸡玉米汤

Pumpkin Porridge with Goji-berry  
枸杞南瓜粥

Rice Ball in Ginger Soup  
姜汤汤圆

## DAY 26

Stir Fried Vegetarian Sweet & Sour  
Pork  
素咕咾肉

Stir Fried HK Kai Lan with Ginkgo  
银杏炒香港凯兰

Mushroom with Mock Pork Rib  
Soup  
香菇素排骨汤

Healthy Brown Rice  
养生糙米丝苗饭

Longan Almond Tofu  
龙眼伴杏仁豆腐

## DAY 29

Stir Fried Shredded Mock Pork  
Cauliflower  
素彩椒炒肉丝花椰菜

Steamed Bean Curd with Mushroom  
Wolfberries  
香菇枸杞蒸豆腐

Herbal Ten Tonic Strengthening Soup  
素草本十补强汤

Healthy Brown Rice  
养生糙米丝苗饭

Ginkgo Barley  
清凉白果薏米水

## DAY 27

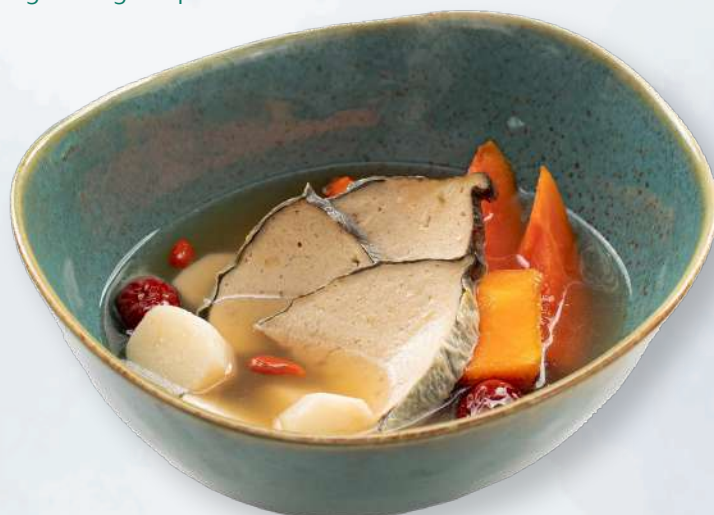
Pan Seared Mock Pork Rib with  
Pumpkin Sauce  
南瓜酱烤素排骨

Stir Fry Sweet Potato Leaves with  
Minced Pork Meat  
素肉末炒红薯叶

Unripe Papaya with Vegetarian Ball  
Soup  
青木瓜素丸汤

Trio Mushroom Goji-Berry Brown  
Rice  
枸杞三重蘑菇糙米

Red Bean Soup  
红豆汤



\*\* Daily Complimentary Red Date Tea with Ginger  
and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 30

Stir Fried Mock Meat with Pumpkin  
& Burdock Root  
南瓜牛蒡炒素肉

Stir Fried White Fungus Asparagus  
with Water Chestnut  
荸荠炒白木耳芦笋

Chinese Angelica Root & Astragalus  
Root Mock Fish Soup  
归芪炖素鱼汤

Fried Brown Rice  
炒糙米

Osmanthus Flower Jelly with  
Wolfberries  
枸杞桂花果冻

## DAY 31

Mock Meat w Pumpkin & Burdock  
Root  
南瓜牛蒡炒素肉

Stir Fried Spinach with Bean Curd  
菠菜炒豆包

Assorted Mushroom with Mock  
Chicken Chestnut Soup  
栗子+菇素鸡汤

Confinement Nourishing Herbal  
Braised Ee Fu Noodle  
素药材红烧伊芙面

Snow Fungus with Peach Resin  
雪耳桃胶炖雪燕

\*\* Daily Complimentary Red Date Tea with Ginger  
and Wolfberries with Every Package Order

## DINNER MENU 晚餐

### DAY 1

Stir Fried Lemon Grass with King Oyster  
Mushroom  
香茅烧杏鲍菇

Stir Fried French Bean with Bean Curd  
四季豆炒豆干

Polygonum (He Shou Wu) with  
Mushroom Soup  
首乌鲜菇汤

Wok-Fried Mock Lean Pork White Bee  
Hoon  
白米粉炒素瘦猪肉片

Red Bean Soup  
红豆汤

### DAY 4

Stir Fried Vegetarian Sweet & Sour  
Pork  
素咕咾肉

Stir Fried HK Kai Lan with Bean Curd  
Gingko  
银杏炒豆干香港凯兰

Burdock Root (Niu Bang) with Mock  
Chicken Soup  
牛蒡素鸡汤

Trio Mushroom Goji-Berry Brown Rice  
枸杞三重蘑菇糙米

Rice Ball in Ginger Soup  
姜汤汤圆

### DAY 2

Stir Fried Mock Mutton with Capsicum+  
Chestnut  
彩椒炒素羊肉板栗

Stir Fried Broccoli with Mushrooms and  
Minced Tofu  
三重蘑菇素肉末炒西

Nourishing Dang Gui Mock Pork Rib  
Soup  
红枣当归素排骨汤

Healthy Brown Rice  
养生糙米丝苗饭

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

### DAY 5

Sliced Ginger Minced Mock Pork  
姜丝素肉末蒸豆腐

Stir Fry Sweet Potato Leaves with  
Goji-berry  
枸杞炒红薯叶

Red Date & Wolfberries (Qi Zhi) with  
Mock Fish Soup  
红枣枸杞素鱼汤

Japanese Pearl Rice  
日本珍珠香米饭

Red Bean Soup with Lotus Seed and  
Mandarin Peel  
莲子橘皮红豆

### DAY 3

Braised Mixed Vegetables with Mock  
Pork Ball  
素肉丸烩杂菜

Stir Fried Yu Mai Cai with Minced Mock  
Pork  
炒鱼麦菜素肉末

Nourishing Red Date ABC Soup  
滋补红枣素ABC汤

Pumpkin Porridge with Goji-berry  
枸杞南瓜粥

Longan Almond Tofu  
龙眼伴杏仁豆腐

### DAY 6

Stir Fried Sliced Mock Pork with Potato  
马铃薯炒素肉片

Stir Fried French Bean with King Oyster  
Mushroom  
杏鲍菇炒四季豆

Dioscorea (Huai Shan) Calming Soup  
淮竹安神汤

Healthy Brown Rice  
养生糙米丝苗饭

Ginko Barley  
清凉白果薏米水

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

\*\* Daily Complimentary Red Date Tea with Ginger and Wolfberries with Every Package Order





## DAY 7

Mock Pork Meatballs with Mushroom Sauce  
素狮头肉丸配蘑菇酱

Stew Pumpkin with Goji Mock Pork Minced  
素枸杞肉碎南瓜

Mushroom with Mock Pork Rib Soup  
香菇素排骨汤

Fried Brown Rice  
炒糙米

Black Glutinous Rice Dessert  
香滑黑糯米

## DAY 10

Steamed Preserved Sweet Vegetables with Mock Pork  
素梅菜猪肉

Stir Fried Yu Mai Cai and minced pork meat  
炒鱼麦菜素肉末

Double Boiled Spleen Strengthening ABC Soup  
素ABC汤健脾老火汤

Confinement Nourishing Herbal Braised Ee Fu Noodle  
素药材红烧伊芙面

Longan Almond Tofu  
龙眼伴杏仁豆腐

## DAY 8

Stir Fried Baby Corn in King Oyster Mushroom  
玉米烧杏鲍菇

Stir Fried French Bean with Black & White Fungus  
四季豆炒双耳

Unripe Papaya with Vegetarian Ball Soup  
青木瓜素丸汤

Sweet Potato Porridge  
红薯粥

Snow Fungus with Peach Resin  
雪耳桃胶炖雪燕

## DAY 11

Stir Fried Mock Pork with Bean curd Skin and Mushroom  
豆皮香菇红烧素肉

Stir Fried HK Kai Lan with Gingko  
银杏炒香港凯兰

Nourishing Herbal MockFish Soup  
药膳养生素鱼汤

Japanese Pearl Rice  
日本珍珠香米饭

Red Bean Soup with Lotus Seed and Mandarin Peel  
莲子橘皮红豆汤

## DAY 9

Pan Seared Mock Pork Rib with Pumpkin Sauce  
南瓜酱烤素排骨

Braised Mixed Vegetables with Mock Pork Ball  
素肉丸烩杂菜

Assorted Mushroom with Mock Chicken Chestnut Soup  
栗子+菇素鸡汤

Healthy Brown Rice  
养生糙米丝苗饭

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

## DAY 12

Sliced Mock Pork Lion's Mane Mushroom & Chinese Yam  
猴菇山药炖素肉片

Stir Fry Sweet Potato Leaves with Minced Pork Meat  
素肉末炒红薯菜

Assorted Mushroom with Capsicum Soup  
什锦蘑菇辣椒汤

Healthy Brown Rice  
养生糙米丝苗饭

Rice ball in Ginger Soup  
姜汤汤圆

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

\*\* Daily Complimentary Red Date Tea with Ginger and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 13

Steamed Tofu with Sliced Ginger  
Minced Pork  
姜丝蒸豆腐素肉末

Braised Spinach with Wolfberries  
Mushroom Sauce  
炖枸杞菠菜配蘑菇酱

Herbal Soup with Black Fungus  
Mock Pork Ribs Soup  
黑木耳素排骨湯

Fried Brown Rice  
炒糙米

Osmanthus Flower Jelly with  
Wolfberries  
枸杞桂花果冻

## DAY 16

Mock Meat w Pumpkin & Burdock  
Root  
南瓜牛蒡炒素肉

Stir Fried Spinach with Bean Curd  
菠菜炒豆包

Chinese Angelica Root & Astragalus  
Root Mock Fish Soup  
归芪炖素鱼汤

Wok-Fried Mock Lean Pork White Bee  
Hoon  
白米粉炒素瘦猪肉片

Longan Almond Tofu  
龙眼伴杏仁豆腐

## DAY 14

Mock Pork Meatballs with  
Mushroom Sauce  
素狮头肉丸配蘑菇酱

Braised Lotus Root with Bean Curd  
莲藕烩豆腐

Si Shen with Mock Chestnut  
Chicken Soup  
四神板栗素鸡汤

Papaya Porridge with Ginkgo and  
Goji-berry  
银杏枸杞木瓜粥

Red Bean Soup  
红豆汤

## DAY 17

Stir-fried Ginger Mock Lean Pork  
清炒姜素瘦肉

Baby Kai Lan with Chinese Mushroom  
芥兰炒蘑菇

Nourishing Red Date ABC Soup  
滋補紅棗素ABC湯

Japanese Pearl Rice  
日本珍珠香米饭

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

## DAY 15

Stir Fried Shredded Mock Pork  
Capsicum & Bean Curd  
彩椒豆干炒素肉丝

Stir Fry Pumpkin with Black Fungus  
黑木耳炒南瓜

Polygonum (He Shou Wu) with  
Mushroom Soup  
首乌鲜菇汤

Healthy Brown Rice  
养生糙米丝苗饭

Ginkgo Barley  
清凉白果薏米水

## DAY 18

Stir Fried Mock Pork with Bean Curd  
Skin and Mushroom  
豆皮香菇紅燒素肉

Stir Fried HK Kai Lan with Ginkgo  
银杏炒香港凱蘭

Stewed Red Bean with Mock Pork Ribs  
Soup  
红豆素排骨汤

Healthy Brown Rice  
养生糙米丝苗饭

Snow Fungus with Peach Resin  
雪耳桃胶炖雪燕



\*\* Daily Complimentary Red Date Tea with Ginger  
and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 19

Stir Fried Vegetarian Sweet & Sour Pork  
素咕啫肉

Stir Fried Yu Mai Cai and Minced Pork Meat  
炒魚麥菜素肉末

Dioscorea (Huai Shan) Calming Soup  
淮竹安神汤

Trio Mushroom Goji-Berry Brown Rice  
枸杞三重蘑菇糙米

Red Bean Soup with Lotus Seed and Mandarin Peel  
莲子橘皮红豆汤

## DAY 22

Mock Meat w Pumpkin & Burdock Root  
南瓜牛蒡炒素肉

Stir Fried Kai Lan with Reishi Mushroom  
芥兰炒灵芝菇

Chinese Yam with Papaya Mock Fish Soup  
木瓜山药素鱼汤

Fried Brown Rice  
炒糙米

Ginkgo Barley  
清凉白果薏米水

## DAY 20

Steamed Tofu with Sliced Ginger Minced Mock Pork  
姜丝素肉末蒸豆腐

Stir Fry Sweet Potato Leaves with Goji-berry  
枸杞炒红薯葉

Shredded Ginger with Mock Chicken Corn Soup  
姜丝配素鸡玉米汤

Pumpkin Porridge with Goji-berry  
枸杞南瓜粥

Osmanthus Flower Jelly with Wolfberries  
枸杞桂花果冻

## DAY 23

Stir Fried Mock Pork Slices in Herbal Wine  
炒猪素肉片

Stir Fried Spinach with Bean Curd  
菠菜炒豆包

Assorted Mushroom with Capsicum Soup  
什锦蘑菇辣椒汤

Sweet Potato Porridge  
红薯粥

Rice ball in Ginger Soup  
姜汤汤圆

## DAY 21

Stir Fried Mock Fish with Chestnut  
栗子烧素鱼

Braised Lotus Root with Tofu  
莲藕烩豆腐

Herbal Ten Tonic Strengthening Soup  
素草本十补强汤

Healthy Brown Rice  
养生糙米丝苗饭

Black Glutinous Rice Dessert  
香滑黑糯米

## DAY 24

Stir Fried Shredded Mock Pork Cauliflower  
素彩椒炒肉丝花椰菜

Stir Fried French Bean with Bean Curd  
四季豆炒豆干

Lotus Root Mock Pork Rib Soup  
莲藕素排骨汤

Healthy Brown Rice  
养生糙米丝苗饭

Osmanthus Flower Jelly with Wolfberries  
枸杞桂花果冻

\*\* Daily Complimentary Red Date Tea with Ginger and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 25

Stir Fried Sliced Mock Pork Cashew  
Nut & Lotus Seed  
腰果莲子炒素肉片

Braised Bean Curd Stick & Bean  
Curd  
腐竹烧豆腐

Nourishing Bean Curd Corn Soup  
养生豆包玉米汤

Confinement Nourishing Herbal  
Braised Ee Fu Noodle  
素药材红烧伊芙面

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

## DAY 28

Stir Fried Tomato Lemongrass with  
King Oyster Mushroom  
香茅番茄烧杏鲍菇

Steamed Bean curd with Mushroom  
Wolfberries  
香菇枸杞蒸豆腐

Double Boiled Spleen Strengthening  
ABC Soup  
素ABC汤健脾老火汤

Fried Brown Rice  
炒糙米

Rice ball in Ginger Soup  
姜汤汤圆

## DAY 26

Sesame Oil, Tomato Fried w Mock  
Pork Kidney  
麻油番茄炒素猪腰

Stir Fried Nai Bai with Oyster  
Mushroom  
蠔菇炒奶白

Black Bean with Mock Chicken  
Soup  
黑豆素鸡汤

Japanese Pearl Rice  
日本珍珠香米饭

Longan Almond Tofu  
龙眼伴杏仁豆腐

## DAY 29

Mock Pork Meatballs with Mushroom  
Sauce  
素狮头肉丸配蘑菇酱

Braised Lotus Root with Bean Curd  
莲藕烩豆腐

Lion's Mane Mushroom with Mock Pork  
Rib Soup  
猴菇素排骨汤

Papaya Porridge with Gingko and  
Goji-berry  
银杏枸杞木瓜粥

Ginko Barley  
清凉白果薏米水

## DAY 27

Steamed Mock Fish  
蒸香素鱼

Stir Fried HK Kai Lan with Gingko  
银杏炒香港凯兰

Shredded Ginger with Corn Mock  
Fish Soup  
姜丝素鱼玉米汤

Healthy Brown Rice  
养生糙米丝苗饭

Red Bean Soup  
红豆汤



\*\* Daily Complimentary Red Date Tea with Ginger  
and Wolfberries with Every Package Order

\*\* Sheng Hua Soup is available for the first 2 weeks of your meal plan. We can personalise your meal plan to include Sheng Hua Soup according to your order and start date.

## DAY 30

Stir Fried Shredded Mock Pork  
Capsicum & Bean Curd  
彩椒豆干炒素肉丝

Stir Fry Pumpkin with Black Fungus  
黑木耳炒南瓜

Unripe Papaya with Vegetarian Ball  
Soup  
青木瓜素丸汤

Healthy Brown Rice  
养生糙米丝苗饭

Osmanthus Flower Jelly with  
Wolfberries  
枸杞桂花果冻

## DAY 31

Mock Meat w Pumpkin & Burdock  
Root  
南瓜牛蒡炒素肉

Stir Fried Spinach with Bean Curd  
菠菜炒豆包

Assorted Mushroom with Mock  
Chicken Chestnut Soup  
栗子+菇素鸡汤

Confinement Nourishing Herbal  
Braised Ee Fu Noodle  
素药材红烧伊芙面

Snow Fungus with Peach Resin  
雪耳桃胶炖雪燕

\*\* Daily Complimentary Red Date Tea with Ginger  
and Wolfberries with Every Package Order