

DAY 8

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

官保爆鸡球

Sautéed Kung Pao Chicken

or

姜丝蛋花米酒班

Poached Grouper Fillet with Egg, Ginger and Chinese Wine

清炒白菜苗

Sautéed Baby Cabbage

白果蒸饭

Steamed Rice with Ginkgo

红枣枸杞糕

Wolfberry and Red Dates Cake

DAY 8

Dinner

杜仲补腰炖排骨汤

(防止腰酸背痛, 补充体力)

Double-boiled Duzhong Soup with Pork Ribs

姜茸米酒蒸鸡

Steamed Chicken with Minced Ginger and Chinese Wine

胡椒粒猪脚

Braised Diced Pig's Trotter with Pepper

or

黑豆豉炒豆腐

(促进消化, 解毒, 活血, 祛风, 益气)

Sautéed Beancurd with Black Bean

蒸白饭

Steamed Rice

木瓜炖雪耳红枣 (润肺, 补陰虛, 養血)

Double-boiled Papaya, Red Date and White Fungus

DAY 9

Lunch

青木瓜鸡脚花生汤

Double-boiled Papaya and Chicken Feet

莲藕蒸肉碎

Steamed Lotus Root with Minced Pork

or

明太子焗雪鱼

Baked Cod fish with Mentaiko

素XO酱炒四季豆

Sautéed French Bean with Vegetarian XO Sauce

姜茸蒸饭

Steamed Rice with Minced Ginger

黑糖红豆糕

(补气, 活血化痰, 健脾胃)

Red Bean and Black Sugar Cake

DAY 9

Dinner

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

养命酒炒醉鸡

Sautéed Chicken with Yomeishu Wine

or

金银蛋蒸蛋

Steamed Egg with Salted egg and Preserved egg

肉碎炒薯仔片

Sautéed Sliced Potato with Minced

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

白果紫薯露

Sweet Purple Potato Cream with Ginkgo

DAY 10

Lunch

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

照烧汁焗鸡肉

Wok-fried Chicken fillet Special Sauce

or

红曲山楂排骨

Braised Pork Ribs with Hawthorn

素 XO 酱西兰花

(补胃, 增强免疫力, 帮助消化)

Sautéed Broccoli with Vegetarian XO Sauce

五谷蒸饭

Steamed Grain Rice

黑芝麻糊汤圆

(补血, 益肝, 防失眠)

Sweet Black Sesame with Glutinous Rice Ball

DAY 10

Dinner

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

香茅特酱焗鸡肉

Wok-fried Chicken Fillet with Lemongrass sauce

or

姜葱炒班球

Sautéed Grouper Fillet with Ginger and Spring Onions

姜片米酒炒白菜苗

Sautéed Baby Cabbage with Ginger and Chinese Wine

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus seed

木瓜炖雪耳红枣

(润肺, 补阴虚, 养血)

Double-boiled Papaya, Red Date and White Fungus

DAY 11

Lunch

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

黑豆豉焖排骨

Braised Pork Ribs with Black Bean

or

姜葱炒班球

Sautéed Grouper Fillet with Ginger and Spring Onions

姜丝炒苦瓜

Sautéed Bitter Gourd with Ginger

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

红枣枸杞糕

Wolfberry and Red Dates Cake

DAY 11

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

莲藕蒸肉碎

Steamed Lotus Root with Minced Pork

or

芙蓉煎蛋

Onion and BBQ Pork Omelette

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus Seed

木瓜炖雪耳红枣

(润肺, 补阴虚, 养血)

Double-boiled Papaya, Red Date and White Fungus

DAY 12

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

养命酒炒醉鸡

Sautéed Chicken with Yomeishu Wine

or

木瓜班球

Sautéed Grouper Fillet with Papaya

黑豆豉炒苦瓜

Sautéed Bitter Gourd with Black Bean

蒸白饭

Steamed Rice

白果紫薯露

Sweet Purple Potato Cream with Ginkgo

DAY 12

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝米酒蒸肉片

Steamed Sliced Pork with Ginger and Chinese Wine

or

青红椒黑豆豉班球

(健脾益胃, 高蛋白质, 暖胃, 帮助消化)

Sautéed Grouper Fillet with Capsicum and Black Bean

姜粒炒西兰花

Sautéed Broccoli with Ginger

蒸白饭

Steamed Rice

黑芝麻糊汤圆

(补血, 益肝, 防失眠)

Sweet Black Sesame with Glutinous Rice Ball

DAY 13

Lunch

青木瓜鱼汤

(增加母乳, 有补虚, 清热解毒, 有助于降血和降血脂)

Double-boiled Papaya and Fish Soup

红烧焖五花肉

Braised Pork Belly

or

红椒姜丝班球

Sautéed Grouper Fillet with Chilli and Ginger

红枣焖薯仔

Braised Potato with Red Dates

白果蒸饭

Steamed Rice with Ginkgo

紫薯煎堆

Deep Fried Purple Potato Glutinous Rice Ball

DAY 13

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

蒜子黑豆豉炒鸡

Sautéed Chicken with Black Bean and Garlic

or

姜丝杞子蒸雪鱼

Steamed Cod Fish with Garlic and Wolfberries

蒜蓉炒西兰花

Sautéed Broccoli with Garlic

香茅蒸饭

Steamed Rice with Lemongrass

陈皮红豆沙

(补血, 健脾养胃, 防风寒)

Sweet Red Bean with Mandarin Peel

DAY 14

Lunch

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

红糟鸡

(活血益肝, 补气, 增强免疫力, 降低胆固醇,)

Braised Chicken with Red Glutinous Rice Wine

or

麻婆豆腐

Braised Mapo Beancurd

蚝油芥兰仔

Sautéed Baby Kai Lan with Oyster Sauce

香茅蒸饭

Steamed Rice with Lemongrass

姜茶汤圆

Sweet Ginger Tea with Glutinous rice ball

DAY 14

Dinner

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

姜芽焖甘榜鸡

Wok-fried Chicken with Young Ginger

or

肉碎蒸豆腐

Steamed Beancurd with Minced Pork

黑豆豉炒苦瓜

Sautéed Bitter Gourd with Black Bean

姜茸蒸饭

Steamed Rice with Minced Ginger

红枣枸杞糕

Wolfberry and Red Dates Cake

DAY 15

Lunch

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝杞子蒸鸡

(祛风, 补血, 明目)

Steamed Chicken with Ginger and Wolfberries

or

木耳米酒班

Poached Grouper Fillet with Black Fungus and Chinese Wine

肉碎蒸蛋

Minced Pork Omelette

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus seed

陈皮红豆沙(补血, 健脾养胃, 防风寒)

Sweet Red Bean with Mandarin Peel

DAY 15

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

文东姜猪脚醋

(补血滋补, 醒胃提神, 补钙和强筋健骨)

Braised Pig's Trotter with Ginger with Black Vinegar

or

鸡蛋蒸豆腐

Steamed Beancurd with Egg

红枣焖薯仔

Braised Potato with Red Dates

香茅蒸饭

Steamed Rice with Lemongrass

杞子桂花糕

Wolfberry and Osmanthus Jelly



DAY 16

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

姜丝麻油炒肉片

(促进血液循环, 祛寒, 润肠, 解毒)

Sautéed Sliced Pork with Ginger and Sesame oil

红烧豆腐

Braised Beancurd with Oyster Sauce

or

大葱煎蛋

Onion Omelette

蒸白饭

Steamed Rice

木瓜炖雪耳红枣

(润肺, 补虚, 养血)

Double-boiled Papaya, Red Date and White Fungus

DAY 16

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

味噌焗雪鱼

(促进食欲, 补肝, 润肠)

Baked Cod fish with Miso

or

卤蛋

Marinated Egg

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

南瓜蒸饭

(润肺益气, 美容, 解毒)

Steamed Rice with Pumpkin

白果紫薯露

Sweet Purple Potato Cream with Ginkgo

DAY 17

Lunch

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

药材蒸鸡

Steamed Chicken with Chinese Herbs

or

姜茸蒸雪鱼

Steamed Cod Fish with Minced Ginger

金银蒜炒四季豆

Sauteed French Bean with Garlic

姜茸蒸饭

Steamed Rice with minced ginger

杞子桂花糕

Wolfberry and Osmanthus Jelly

DAY 17

Dinner

当归补血炖鸡汤

Double-boiled Chicken Soup with Dang Gui

香茅特酱焗鸡肉

Wok-fried Chicken Fillet with Lemongrass Sauce

or

木耳米酒班

Poached Grouper Fillet with Black Fungus and Chinese Wine

姜片米酒炒白菜苗

Sautéed Baby Cabbage with Ginger and Chinese Wine

五谷蒸饭

Steamed Grain Rice

木瓜炖雪耳红枣

(润肺, 补陰虛, 養血)

Double-boiled Papaya, Red Date and White Fungus

DAY 18

Lunch

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

黑豆豉焖排骨

Braised Pork Ribs with Black Bean

or

姜葱炒班球

Sauteed Grouper Fillet with Ginger and Spring Onions

姜丝炒苦瓜

Sautéed Bitter Gourd with ginger

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

红枣枸杞糕

Wolfberry and Red Dates Cake

DAY 18

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

莲藕蒸肉碎

Steamed Lotus Root with Minced Pork

or

芙蓉煎蛋

Onion and BBQ Pork Omelette

冬菇芥兰仔

(益气血, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus seed

木瓜炖雪耳红枣

(润肺, 补阴虚, 养血)

Double-boiled Papaya, Red Date and White Fungus

DAY 19

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

养命酒炒醉鸡

Sautéed Chicken with Yomeishu Wine

or

木瓜班球

Sautéed Grouper Fillet with Papaya

黑豆豉炒苦瓜

Sautéed Bitter Gourd with Black Bean

当归蒸饭(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

白果紫薯露

Sweet Purple Potato Cream with Ginkgo

DAY 19

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝米酒蒸肉片

Steamed Sliced Pork with Ginger and Chinese Wine

or

豉汁蒸雪鱼

Steamed Cod Fish with Black Bean Sauce

金银蛋蒸蛋

Steamed Egg with Salted Egg and Preserved egg

番茄蒸饭

Steamed Rice with Tomato

黑芝麻糊汤圆

(补血, 益肝, 防失眠)

Sweet Black Sesame with Glutinous Rice Ball

DAY 20

Lunch

青木瓜鱼汤

(增加母乳, 有补虚, 清热解毒, 有助于降血和降血脂)

Double-boiled Papaya and Fish Soup

文东姜猪脚醋

(补血滋补, 醒胃提神, 补钙和强筋健骨)

Braised Pig's Trotter with Ginger with Black Vinegar

or

大葱煎蛋

Onion Omelette

素 XO 酱西兰花

(补胃, 增强免疫力, 帮助消化)

Sautéed Broccoli with Vegetarian XO Sauce

姜茸蒸饭

Steamed Rice with Minced Ginger

姜茶汤圆

Sweet Ginger Tea with Glutinous Rice Ball

DAY 20

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

酸甜古老肉

Sweet and Sour Pork

or

蒜辣蒸雪鱼

Steamed Cod Fish with Garlic and Chilli

豆豉鲮鱼肉炒油麦菜

Sautéed You Mai Cai with Fried Dace and Black Bean

番茄蒸饭

Steamed Rice with Tomato

陈皮红豆沙

(补血, 健脾养胃, 防风寒)

Sweet Red Bean with Mandarin Peel

DAY 21

Lunch

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

玫瑰露豉油鸡

Soya Chicken with Chinese Rose Wine

or

红烧豆腐

Braised Beancurd with Oyster Sauce

金银蒜炒四季豆

Sautéed French Bean with Garlic

五谷蒸饭

Steamed Grain Rice

红枣枸杞糕

Wolfberry and Red Dates Cake

DAY 21

Dinner

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

姜丝麻油炒肉片

(促进血液循环, 祛寒, 润肠, 解毒)

Sautéed Sliced Pork with Ginger and Sesame oil

or

黑蒜蓉蒸雪鱼

(活血祛瘀, 高蛋白质, 保肝, 增强免疫力)

Steamed Cod Fish with Minced Black Garlic

清炒西兰花

Sautéed Broccoli

蒸白饭

Steamed Rice

白果紫薯露

Sweet Purple Potato Cream with Ginkgo

DAY 22

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

花雕姜片炸鸡

Sautéed Chicken with Chinese and Young Ginger

or

姜丝杞子蒸雪鱼

Steamed Cod Fish with Garlic and Wolfberries

清炒白菜苗

Sautéed Baby Cabbage

当归蒸饭(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

杞子桂花糕

Wolfberry and Osmanthus Jelly

DAY 22

Dinner

杜仲补腰炖排骨汤

(防止腰酸背痛, 补充体力)

Double-boiled Duzhong Soup with Pork Ribs

青红椒黑豆豉班球

(健脾益胃, 高蛋白质, 暖胃, 帮助消化)

Sautéed Grouper Fillet with Capsicum and Black Bean

or

姜丝米酒蒸肉片

Steamed Sliced Pork with Ginger and Chinese Wine

南瓜蒸饭

(润肺益气, 美容, 解毒)

Steamed Rice with Pumpkin

木瓜炖雪耳红枣

(润肺, 补阴虚, 养血)

Double-boiled Papaya, Red Dates and White Fungus

DAY 23

Lunch

青木瓜鸡脚花生汤

Double-boiled Papaya and Chicken feet

蒜子黑豆豉炒鸡

Sautéed Chicken with Black Bean and Garlic

or

红枣木耳蒸雪鱼

Steamed Cod Fish with Red Dates and Black Fungus

素XO酱炒四季豆

Sautéed French Bean with Vegetarian XO Sauce

姜茸蒸饭

Steamed Rice with Minced Ginger

黑糖红豆糕

(补气, 活血化瘀, 健脾胃)

Red Bean and Black Sugar Cake

DAY 23

Dinner

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

姜丝杞子蒸鸡

(祛风, 补血, 明目)

Steamed Chicken with Ginger and Wolfberries

or

番茄炒蛋

(清热解毒, 健胃消化, 补血养颜, )

Scrambled Egg with Tomato

姜片米酒炒菜心

Sautéed Choy Sum with Ginger and Chinese Wine

当归蒸饭

(健脾胃, 补血, 散寒, 止痛)

Steamed Rice with Dang Gui

白果紫薯露

Sweet Purple Potato Cream with Ginkgo



DAY 24

Lunch

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

味噌焗雪鱼

(促进食欲, 补肝, 润肠)

Baked Cod fish with Miso

or

姜芽花椒五花肉

Sautéed Sliced Pork Belly with Ginger Peppercorn

鸡蛋蒸豆腐

Steamed Beancurd with Egg

香茅蒸饭

Steamed Rice with Lemongrass

黑芝麻糊汤圆

(补血, 益肝, 防失眠)

Sweet Black Sesame with Glutinous rice ball

DAY 24

Dinner

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

文东姜猪脚醋

(补血滋补, 醒胃提神, 补钙和强筋健骨)

Braised Pig's Trotter with Ginger with Black Vinegar

or

药材蒸鸡

Steamed Chicken with Chinese Herbs

姜片米酒炒西兰花

Sautéed Broccoli with Ginger and Chinese Wine

蒸白饭

Steamed Rice

木瓜炖雪耳红枣

(润肺, 补阴虚, 养血)

Double-boiled Papaya, Red Dates and White Fungus

DAY 25

Lunch

何首乌乌鸡汤

(提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

胡椒粒猪脚

Braised Diced Pig's Trotter with Pepper

or

木耳米酒班

Poached Grouper Fillet with Black Fungus and Chinese Wine

肉碎炒薯仔片

Sautéed Sliced Potato with Minced Pork

白果蒸饭

Steamed Rice with Ginkgo

红枣枸杞糕

Wolfberry and Red Dates cake

DAY 25

Dinner

山药羊肚菌鸡汤

Double-boiled Shanyao & Morel Soup with Chicken

老干妈炒肉片

Sautéed Sliced Pork with Sichuan Spicy Sauce

or

姜丝蛋花米酒班球

Poached Grouper Fillet with Egg, Ginger and Chinese Wine

芙蓉煎蛋

Onion and BBQ Pork Omelette

姜茸蒸饭

Steamed Rice with Minced Ginger

木瓜炖雪耳红枣

(润肺, 补阴虚, 养血)

Double-boiled Papaya, Red Dates and White Fungus

DAY 26

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

红糟鸡

(活血益肝, 补气, 增强免疫力, 降低胆固醇)

Braised Chicken with Red Glutinous Rice Wine

or

黑蒜蓉蒸雪鱼

(活血祛瘀, 高蛋白质, 保肝, 增强免疫力)

Steamed Cod Fish with Minced Black Garlic

豆豉鲮鱼肉炒白菜苗

Sautéed Baby Cabbage with Fried Dace and Black Bean

番茄蒸饭

Steamed Rice with Tomato

白果紫薯露

Sweet Purple Potato Cream with Ginkgo

DAY 26

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝麻油炒肉片

(促进血液循环, 祛寒, 润肠, 解毒)

Sautéed Sliced Pork with Ginger and Sesame Oil

or

姜茸蒸雪鱼

Steamed Cod Fish with Minced Ginger

黑豆豉炒豆腐

(促进消化, 解毒, 活血, 祛风, 益气)

Sautéed Beancurd with Black Bean

莲子蒸饭

(养心安神, 补脾虚)

Steamed Rice with Lotus Seed

黑芝麻糊汤圆

(补血, 益肝, 防失眠)

Sweet Black Sesame with Glutinous Rice Ball

DAY 27

Lunch

青木瓜鱼汤

(增加母乳, 有补虚, 清热解毒, 有助于降血和降血脂)

Double-boiled Papaya and Fish soup

红曲山楂排骨

Braised Pork Ribs with Hawthorn

or

姜丝米酒炒蛋 (祛风, 暖胃, 去血淤)

Scrambled Egg with Ginger and Chinese

清炒白菜苗

Sauteed Baby Cabbage

姜茸蒸饭

Steamed Rice with Minced Ginger

紫薯煎堆

Deep fried Purple Potato Glutinous Rice Ball

DAY 27

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

花雕姜片炸鸡

Sautéed Chicken with Chinese and Young Ginger

or

红枣木耳蒸雪鱼

Steamed Cod Fish with Red Dates and Black Fungus

蒜蓉炒西兰花

Sautéed Broccoli with Garlic

香茅蒸饭

Steamed Rice with Lemongrass

陈皮红豆沙

(补血, 健脾养胃, 防风寒)

Sweet Red Bean with Mandarin Peel

DAY 28

Lunch

营养黑豆排骨汤

Double-boiled Pork Ribs with Wu Dou

莲藕蒸肉碎

Steamed Lotus Root with Minced Pork

or

麦片炸豆腐

Deep Fried Beancurd with Oat

冬菇芥兰仔

(益气, 安神, 化痰理气)

Sautéed Baby Kai Lan with Mushroom

蒸白饭

Steamed Rice

姜茶汤圆

Sweet Ginger Tea with Glutinous Rice Ball

DAY 28

Dinner

何首乌乌鸡汤 (提高生理机能, 补益精血, 对贫血有明显功效, 乌须发,)

Double-boiled Heshouwu with Black Chicken

辣子鸡

Deep Fried Diced Chicken with Dried Chilli

or

木瓜班球

Sautéed Grouper Fillet with Papaya

金银蒜炒四季豆

Sautéed French Bean with Garlic

姜茸蒸饭

Steamed Rice with Minced Ginger

红枣枸杞糕

Wolfberry and Red Dates Cake

DAY 29

Lunch

杜仲补腰炖排骨汤

(防止腰酸背痛, 补充体力)

Double-boiled Duzhong Soup with Pork Ribs

照烧汁焗鸡肉

Wof-fried Chicken Fillet Special Sauce

or

姜葱炒班球

Sautéed Grouper Fillet with Ginger and Spring Onions

黑豆豉炒豆腐

(促进消化, 解毒, 活血, 祛风, 益气)

Sautéed Beancurd with Black Bean

香茅蒸饭

Steamed Rice with Lemongrass

紫薯煎堆

Deep Fried Purple Potato Glutinous Rice Ball

DAY 29

Dinner

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

姜丝蛋花米酒班球

Poached Grouper Fillet with Egg, Ginger and Chinese Wine

or

玫瑰露豉油鸡

Soya Chicken with Chinese Rose Wine

姜片米酒炒白菜苗

Sauteed Baby Cabbage with Ginger and Chinese Wine

五谷蒸饭

Steamed Grain Rice

白果紫薯露

Sweet Purple Potato Cream with Ginkgo

DAY 30

Lunch

滋养红枣生鱼汤

Double-boiled Fish Soup with Red Dates

青红椒炒肉片

Sautéed Sliced Pork with Capsicum

or

姜丝米酒炒蛋 (祛风, 暖胃, 去血淤)

Scrambled Egg with Ginger and Chinese

蚝油芥兰仔

Sautéed Baby Kai Lan with Oyster Sauce

南瓜蒸饭

(润肺益气, 美容, 解毒)

Steamed Rice with Pumpkin

黑芝麻糊汤圆(补血, 益肝, 防失眠)

Sweet Black Sesame with Glutinous Rice Ball

DAY 30

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

豉汁蒸雪鱼

Steamed Cod Fish with Black Bean Sauce

or

养命酒炒醉鸡

Sautéed Chicken with Yomeishu Wine

素XO 酱炒四季豆

Sautéed French Bean with Vegetarian XO Sauce

蒸白饭

Steamed Rice

姜茶汤圆

Sweet Ginger Tea with Glutinous Rice Ball