

DAY 1

Lunch

当归补血炖鸡汤

Double-boiled Chicken Soup with Dang Gui

药膳黑豆蒸鸡

Sautéed Chicken with Black Bean and Chinese Herbs

or

紅枣酱蒸雪鱼

Steamed Cod Fish with Red Dates

姜汁炒白菜苗

Sautéed Baby Cabbage with Ginger Sauce

五谷蒸饭

Steamed 5 Grains Rice

姜茶汤圆

Sweet Ginger Tea with Glutinous Rice ball

DAY 1

Dinner

滋养紅枣生鱼汤

Double-boiled Fish Soup with Red Dates

姜丝鸡精炒黑豚肉

Sautéed Sliced Black Pork with Ginger and Essence of Chicken

or

南瓜焖鸡肉

Braised Chicken with Pumpkin

木耳米酒炒蛋

Scrambled Egg with Black Fungus and Chinese Wine

蒸白饭

Steamed Rice

木瓜炖雪耳紅枣

Double-boiled Papaya, Red Date and White Fungus

DAY 2

Lunch

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

红糟鸡

Braised Chicken with Red Rice Wine

or

黑肉碎炆豆腐

Braised Beancurd with Black Bean and Minced Pork

当归杞子炒菠菜

Sautéed Spinach with Wolfberry and Dang Gui

番茄蒸饭

Steamed Rice with Tomato

陈皮红豆沙

Sweet Red Bean with Mandarin Peel

DAY 2

Dinner

杜仲补腰炖排骨汤

Double-boiled Duzhong Soup with Pork Ribs

姜鸡麻油炒鸡柳

Sautéed Sliced Chicken with Ginger and Sesame oil

or

鸡材蒸雪鱼

Steamed Cod Fish with Chinese Herbs

猪肝炒白菜苗

Sautéed Sliced Pork Live with Baby Cabbage

南瓜蒸饭

Steamed Rice with Pumpkin

白果紫薯露

Sweetened Purple Potato Cream with Ginkgo

DAY 3

Lunch

八珍炖鸡汤

Double-boiled Chicken Soup with Chinese Herbs

药材蒸鸡

Steamed Chicken with Chinese Herbs

or

木耳米酒班

Poached Grouper Fillet with Black Fungus and Chinese Wine

黑蒜炒西兰花

Sautéed Broccoli with Black Garlic

南瓜蒸饭

Steamed Rice with Pumpkin

黑糖红豆糕

Red Bean and Black Sugar Cake

DAY 3

Dinner

祛血滋补排骨汤

Double-boiled Pork Ribs with Chinese Herbs

文东姜猪脚醋

Braised Pig's Trotter with Ginger with Black Vinegar

or

木耳蒸鸡

Steamed Chicken with Black Fungus

红枣焖薯仔

Braised Potato with Red Dates

香茅蒸饭

Steamed Rice with Lemongrass

黑芝麻糊

Sweetened Black Sesame

DAY 4

Lunch

当归田七补血鸡汤

Double-boiled Dang Gui & Tian Qi Soup with Chicken

黑木耳米酒焖鸡

Braised Chicken with Black Fungus and Chinese Wine

or

南瓜蒸雪鱼

Steamed Cod Fish with Pumpkin

黑豆扒菠菜

Sautéed Spinach with Black Bean

当归蒸饭

Steamed Rice with Dang Gui

红枣枸杞糕

Wolfberry and Red Dates Cake

DAY 4

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝炒猪肝

Sautéed Sliced Pork Liver with Ginger

or

黑木耳鸡粒豆腐

Braised Beancurd with Diced Chicken and Black Fungus

黑蒜炒四季豆

Sautéed French Bean with Black Garlic

莲子蒸饭

Steamed Rice with Lotus seed

木瓜炖雪耳红枣

Double-boiled Papaya, Red Dates and White Fungus

DAY 5

Lunch

瑪卡炖鸡汤

Double-boiled Chicken with Maca

红曲山楂排骨

Braised Pork Ribs with Hawthorn

or

养命酒炒醉鸡

Sautéed Chicken with Yomeishu Wine

紅枣炒南瓜

Sautéed Pumpkin with Red Dates

蒸白饭

Steamed Rice

黑芝麻糊汤圆

Sweetened Black Sesame with Glutinous Rice Ball

DAY 5

Dinner

何首乌乌鸡汤

Double-boiled He Shou Wu with Black Chicken

瑪枣姜丝焖花肉

Braised Pork Belly with Red Dates and Ginger

or

红枣木耳蒸雪鱼

Steamed Cod Fish with Red Dates and Black Fungus

姜粒炒西兰花

Sautéed Broccoli with Ginger

蒸白饭

Steamed Rice

木瓜炖雪耳红枣

Double-boiled Papaya, Red Dates and White Fungus

DAY 6

Lunch

山药羊肚菌鸡汤

Double-boiled Shan Yao & Morel Soup with Chicken

味噌焗雪鱼

Baked Cod Fish with Miso

or

番茄炒蛋

Scrambled Egg with Tomato

冬菇芥兰仔

Sautéed Baby Kai Lan with Mushroom

南瓜蒸饭

Steamed Rice with Pumpkin

白果紫薯露

Sweetened Purple Potato Cream with Ginkgo

DAY 6

Dinner

当归补血炖鸡汤

Double-boiled Chicken Soup with Dang Gui

玫瑰露豉油鸡

Soya Chicken with Chinese Rose Wine

or

姜丝蛋花米酒班球

Poached Grouper Fillet with Egg, Ginger and Chinese Wine

红枣焖薯仔

Braised Potato with Red Dates

瑶柱蒸饭

Steamed Rice with Conpoy

陈皮红豆沙

Sweetened Red Bean with Mandarin Peel

DAY 7

Lunch

青木瓜鱼汤

Double-boiled Papaya and Fish Soup

紅枣木耳焖排骨

Braised Pork Rib with Black Fungus and Red dates

or

红焖猪脚

Braised Pig's Trotter

姜片炒菜园

Sautéed Choy Sum with Sliced Ginger

五谷蒸饭

Steamed Grain Rice

姜茶汤圆

Sweetened Ginger Tea with Glutinous Rice Ball

DAY 7

Dinner

花旗参田七补血汤

Double-boiled American Ginseng & Tian Qi Soup with Pork

姜丝杞子蒸鸡

Steamed Chicken with Ginger and Wolfberries

or

当归木耳米酒班

Poached Grouper Fillet with Black Fungus, Dang Gui and Chinese Wine

黑蒜肉碎蒸蛋

Minced Pork and Black Garlic Omelette

莲子蒸饭

Steamed Rice with Lotus seed

杏仁茶

Sweetened Almond Cream