

DAY 1

Lunch

当归补血炖鸡汤

Double-boiled Chicken Soup with Dang Gui

药膳黑豆蒸鸡

[A] Sautéed Chicken with Black Bean and Chinese Herbs

or

紅枣酱蒸雪鱼

[B] 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

[A] Sautéed Sliced Black Pork with Ginger and Essence of Chicken

or

南瓜焖鸡肉

[B] 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

[A] Braised Chicken with Red Rice Wine

or

黑肉碎炆豆腐

[B] 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

[A] Sautéed Sliced Chicken with Ginger and Sesame oil

or

鸡材蒸雪鱼

[B] 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

[A] Steamed Chicken with Chinese Herbs

or

木耳米酒班

[B] 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

[A] Braised Pig's Trotter with Ginger with Black Vinegar

or

木耳蒸鸡

[B] 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

[A] Braised Chicken with Black Fungus and Chinese Wine

or

南瓜蒸雪鱼

[B] 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

[A] Sautéed Sliced Pork Liver with Ginger

or

黑木耳鸡粒豆腐

[B] 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

[A] Braised Pork Ribs with Hawthorn

or

养命酒炒醉鸡

[B] 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

[A] Braised Pork Belly with Red Dates and Ginger

or

红枣木耳蒸雪鱼

[B] 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

[A] Baked Cod Fish with Miso

or

番茄炒蛋

[B] 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

[A] Soya Chicken with Chinese Rose Wine

or

姜丝蛋花米酒班球

[B] 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

[A] Braised Pork Rib with Black Fungus and Red dates

or

红焖猪脚

[B] 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

[A] Steamed Chicken with Ginger and Wolfberries

or

当归木耳米酒班

[B] 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