

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

沙律酱鱼块

[B] Deep Fried Fish Fillet with Mayonnaise Sauce

姜汁炒白菜苗

Sautéed Baby Cabbage with Ginger Sauce

五谷蒸饭

Steamed 5 Grains Rice

DAY 1

Dinner

滋养红枣生鱼汤

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

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

肉碎焖豆腐

[B] Braised Eggplant with Minced Pork

当归杞子炒天津白菜

Sautéed Tianjin Cabbage with Wolfberry and Dang Gui

番茄蒸饭

Steamed Rice with Tomato

DAY 2

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

姜鸡麻油炒鸡柳

[A] Sautéed Sliced Chicken with Ginger and Sesame oil

or

豉汁豆腐蒸多利鱼

[B] Steamed Dory Fillet with Beancurd and Black Bean Sauce

清炒白菜苗

Sautéed Baby Cabbage

南瓜蒸饭

(润肺益气, 美容, 解毒)

Steamed Rice with Pumpkin

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

木耳米酒鱼块

[B] Poached Fish Fillet with Black Fungus and Chinese Wine

黑蒜炒西兰花

Sautéed Broccoli with Black Garlic

南瓜蒸饭(润肺益气, 美容, 解毒)

Steamed Rice with Pumpkin

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

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

南瓜蒸多利鱼

[B] Steamed Dolly Fish fillet with Pumpkin

紅焖茄子

Sautéed Spinach with Black Bean

当归蒸饭

Steamed Rice with Dang Gui

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

DAY 5

Lunch

瑪卡炖鸡汤

Double-boiled Chicken with Maca

彩椒炒肉片

[A] Sautéed Sliced Pork with Capsicum

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

DAY 5

Dinner

何首乌乌鸡汤

Double-boiled He Shou Wu with Black Chicken

紅枣姜丝焖花肉

[A] Braised Pork Belly with Red Dates and Ginger

or

紅枣木耳蒸鱼块

[B] Steamed Fish Fillet with Red Dates and Black Fungus

姜粒炒西兰花

Sautéed Broccoli with Ginger

蒸白饭

Steamed Rice

DAY 6

Lunch

山药羊肚菌鸡汤

Double-boiled Shan Yao & Morel Soup with Chicken

咕嚕鱼片

[A] Sweet and Sour Fish

or

芙蓉煎蛋

[B] Onion and BBQ Pork Omelette

冬菇芥兰仔

Sautéed Baby Kai Lan with Mushroom

南瓜蒸饭

Steamed Rice with Pumpkin

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

姜丝蛋花米酒鱼块

[B] Poached Fish 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

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

麻婆豆腐

[B] Braised Mapo Beancurd

姜片炒白菜苗

Sautéed Baby Cabbage with Sliced Ginger

五谷蒸饭

Steamed Grain Rice

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

当归木耳米酒班塊

[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