



8 Day Menu Plan for Patient A

DAY 1

Breakfast:

Smoothie (banana, peach, fresh orange juice)
Japanese rice with tomatoes & spinach

Packed Lunch:

Fruit
Cold lamb kebabs with mint & basil oil
Green beans with lemon, herbs & tomatoes

Dinner:

Hamburger (no bun)
Roasted potato chunks with homemade tomato ketchup
Salad with balsamic dressing
Baked fresh figs with honey

Snacks:

Dark chocolate oat squares (dark, non-milk, chocolate sourced from a nut-free factory)
Rice cakes with guacamole

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