



8 Day Menu Plan for Patient A

DAY 4

Breakfast:

Rice with onions & bacon
Fresh Fruit

Packed Lunch:

Cumin roasted zucchini, eggplant & mushrooms
Roasted chicken drumsticks

Dinner:

Fresh herbs & meat fried rice
Broccoli & cauliflower

Snacks:

Vegetable chips
Dried apples

Sharp Action Food Consulting

www.SharpActionFood.com

Emma Sharp, Tel. 917-751-1674, emma@sharpactionfood.com