



8 Day Menu Plan for Patient A

DAY 6

Breakfast:

Smoothie (coconut milk, banana, fresh figs)
Grilled tomatoes & mushrooms on rye toast

Packed Lunch:

Fruit
Potato salad with chive vinaigrette
Cold mini lamb &/or beef meatballs

Dinner:

Fragrant green chicken curry
Steamed rice
Roasted butternut squash

Snack:

Fruit Salad
Cinnamon & honey rice cakes

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