



## 8 Day Menu Plan for Patient A

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### **DAY 8**

#### ***Breakfast:***

Smoothie (pineapple, nectarine & banana)  
Oat porridge with cinnamon & honey

#### ***Packed Lunch:***

Fruit  
Cold Rice Noodles with avocado & chicken in garlic oil

#### ***Dinner:***

BBQ ribs  
Sweet corn, green peppers & herbs  
Baked pears with vanilla & coconut milk rice pudding

#### ***Snacks:***

Rice cakes with Mexican salsa

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**Sharp Action Food Consulting**

[www.SharpActionFood.com](http://www.SharpActionFood.com)

Emma Sharp, Tel. 917-751-1674, [emma@sharpactionfood.com](mailto:emma@sharpactionfood.com)