



8 Day Menu Plan for Patient E

DAY 1

Breakfast:

Freshly squeezed grapefruit juice
Pineapple
Scrambled eggs with olive oil

Lunch:

Cold rice noodle salad with sardines, scallion, soy & wasabi

Dinner:

Asian baked salmon
Japanese rice
Steamed spinach

Snack:

Smoothie (low-fat plain yogurt, fresh soy milk, blueberries & raspberries)

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