



8 Day Menu Plan for Patient E

DAY 2

Breakfast:

Freshly squeezed grapefruit juice
Fruit salad – watermelon, pineapple, plums, blueberries
Japanese rice with poached eggs

Lunch:

Romaine lettuce, feta, roasted butternut squash & mustard lime vinaigrette
Pita toasts

Dinner:

Roast beetroot risotto with homemade vegetarian stock
Peas & carrots with oregano

Snack:

Roasted butternut squash seeds

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