



8 Day Menu Plan for Patient E

DAY 3

Breakfast:

Freshly squeezed grapefruit juice
Smoothie (low-fat plain yogurt, fresh soy milk, pineapple)
Mashed pumpkin

Lunch:

Black & Broad Beans Soup

Dinner:

Soba noodles with soy & gingered carrots, broccoli & sugar-snap peas

Snack:

Tuna & butter bean dip with celery sticks

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