



8 Day Menu Plan for Patient E

DAY 4

Breakfast:

Freshly squeezed grapefruit juice

Apple puree

Avocado crushed on toast (bread from a nut-free & sesame-free source)

Lunch:

Artichoke heart, mozzarella & roast carrot salad

Dinner:

Miso-baked cod with Japanese rice

Steamed Kale

Snack:

Goat cheese & salmon dip with pita toasts

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