



## 8 Day Menu Plan for Patient E

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### **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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