



8 Day Menu Plan for Patient E

DAY 5

Breakfast:

Freshly squeezed grapefruit juice
Smoothie (low-fat plain yogurt, fresh soy milk, peaches)
Boiled eggs with rye toast (nut-free & sesame-free)

Lunch:

Chunky chicken soup

Dinner:

Tuna & salmon sushi
Tofu salad with scallion, ginger, wasabi & soy

Snack:

Watermelon with goat's curd & olive oil

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