



## 8 Day Menu Plan for Patient E

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### **DAY 6**

#### **Breakfast:**

Freshly squeezed grapefruit juice  
Oat porridge cooked with soy milk

#### **Lunch:**

Stuffed Portobello mushrooms  
Watercress salad

#### **Dinner:**

Black bean & butter bean stew with Rice  
Green beans

#### **Snack:**

Curried ackees on homemade croutes (nut-free & sesame-free bread)

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#### **Sharp Action Food Consulting**

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