



8 Day Menu Plan for Patient E

DAY 7

Breakfast:

Freshly squeezed grapefruit juice
Scrambled eggs with scallion & olive oil on Rye toast (nut-free & sesame-free)

Lunch:

Lemon & rosemary roast chicken
Roast parsnips
Arugula salad with roast cumin roasted beets & goat's cheese

Dinner:

Parsnip, beet greens & lemon soup
Homemade coco bread

Snack:

Refried pinto bean dip with carrots sticks

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