



## 8 Day Menu Plan for Patient E

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### **DAY 8**

#### ***Breakfast:***

Freshly squeezed grapefruit juice

Smoothie (low-fat yogurt, fresh soy milk, raspberries & pineapple)

Sauteed button mushrooms with spinach

#### ***Lunch:***

Lentil salad with cucumber, celery, scallion & lemon mustard dressing

#### ***Dinner:***

Cold soba noodle salad with salmon & watercress

#### ***Snack:***

Black bean & avocado salsa with matzo

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**Sharp Action Food Consulting**

[www.SharpActionFood.com](http://www.SharpActionFood.com)

Emma Sharp, Tel. 917-751-1674, [emma@sharpactionfood.com](mailto:emma@sharpactionfood.com)