

Your Daily Nourishment



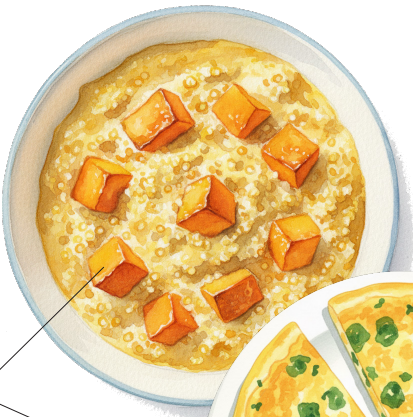
Soup

Two containers of medicinal herbal soup are provided daily (one for lunch and one for dinner).



Main Entrée (1)

Lunch and dinner include four main entrées, which can be divided between the two mealtimes.

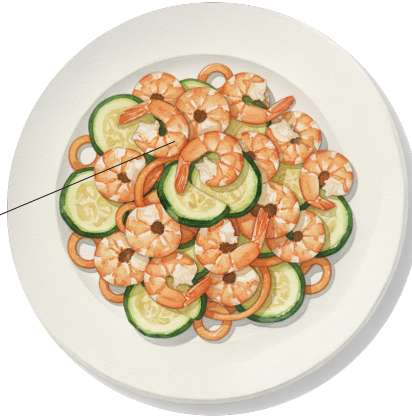


Breakfast

Breakfast includes porridge served with an egg dish. Egg options vary and may include boiled, scrambled, fried, or steamed eggs.

Main Entrée (2)

The entrées will always consist of three protein dishes and one vegetable-only dish.



Main Entrée (3)

Our entrées include a variety of cooking styles, from stir-fried to steamed and braised dishes.



Dessert

At the start of Week 2 of your recovery, you'll receive milk-boosting treats as part of your dessert.

Main Entrée (4)

Our entrées can also be enjoyed with the breakfast porridge to add extra flavor and variety to your meal.



Rice

Rice is provided daily with your meals and can be enjoyed alongside your entrées for lunch and dinner.

Beverage

An herbal beverage is provided daily, with each week targeting a different aspect of recovery. It can be sipped throughout the day or enjoyed with meals.

