

# Sample Menu Plan

|     | Breakfast                                    | Lunch   | Dinner  |
|-----|--|---|---|
| Sun | Mushroom Omelette with coconut oil           | Stir Fried Pork with Onions<br>Stir Fried Chye Sim      | Baked Chicken Thigh<br>Stir Fried Wongbok                       |
| Mon | Stir Fried Minced Pork with Long Beans       | Chicken Soup with Spinach                               | Beef Stew with Carrots & Onions                                 |
| Tue | Sweet Potato Hash<br>Sunny-side up eggs      | Pork Rib Soup with Watercress                           | Beef Patty with Tomatoes & Lettuce                              |
| Wed | Bacon and Eggs Salad                         | Minced Pork Omelette<br>Baked Sweet Potatoes            | Chicken Curry with Potatoes<br>Stir Fry Cabbage                 |
| Thu | Stir Fried Minced Pork with Cubed Potatoes   | Minced Beef<br>Magic Chilli*                            | Pan-fried Chicken Fillet<br>Stir Fry Xiao Bai Cai               |
| Fri | Stir Fried Minced Beef with Cabbage          | Stir Fried Pork with Garlic & Stir Fried Ladies Fingers | Lemongrass Chicken<br>Stir Fried Wongbok                        |
| Sat | Stir Fried Minced Pork Cauliflower & Carrots | Lettuce wrapped Shredded Chicken with cranberry         | Baked Pork Chop with Mushrooms & Onions<br>Stir Fried Kang Kong |

## Snacks

Baked Cashew Nuts, chestnuts, papaya, watermelon, chocolate coconut bread, blueberry banana cake (with coconut flour)

## Drinks

Filtered water, Black Coffee (no milk, no sugar), Green Tea, Home-made Chrysanthemum Tea (no sugar)

## Notes:

1. Magic Chilli\* is a no-tomato spaghetti sauce. Get recipe from <http://autoimmunewellness.com/magic-chili-dairy-nightshade-gluten-grain-free/>
2. White Rice/Wild Rice/Quinoa/Buckwheat is served at dinner to those who do not suffer from eczema or nasal issues.