



RECIPE BY YONG KANG TCM PHYSICIAN 永康中医医师食谱

WEEK B

REJUVEN

Better Health Richer Life

HERBAL ESSENCE - DIABETIC WEEKLY MENU
NO MSG / LESS OIL

LUNCH OR DINNER

28 days \$896.00

21 days \$682.50

14 days \$462.00

LUNCH AND DINNER

28 days \$1,680.00

21 days \$1,302.00

14 days \$896.00

07 days \$462.00

***All price and serving are for 1 pax only**

MONDAY

LUNCH

Diabetic Soup Menu

1. American Ginseng 花旗参, Burdock Root (Niu Bang) 牛蒡, Pork Rib Soup 排骨汤

Main

1. Roasted Chicken Wings w/ Mushroom 冬菇烧鸡翅
2. Braised Dried Daylily & Loofah w/ Shredded Pork 肉丝丝瓜烩金针菜

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭

DINNER

Diabetic Soup Menu

1. Red Date 红枣, Cordyceps 虫草, Chicken Soup 花鸡汤

Main

1. Pork Rib w/ Plum Sauce 梅酱排骨王
2. Stir Fried Chinese Spinach w/ Silver Anchovies 银鱼苋菜

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭



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TUESDAY

LUNCH

Diabetic Soup Menu

1. Old Cucumber 老黄瓜, Corn 玉米, Sliced Fish Soup 炖鱼汤

Main

1. Braised Pork w/ Water Chestnut & Lotus 马蹄莲藕烧肉
2. Stir Fried Nai Bai w/ Shredded Chicken 奶白菜炒鸡丝

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭

DINNER

Diabetic Soup Menu

1. Bulbus Lillii (Bai He) 百合, Lotus Seed 莲子, Pig's Stomach Soup 猪肚汤

Main

1. Braised Salmon w/ Kai-Lan 港芥红烧鲑鱼
2. Stir Fried Broccoli w/ Mushrooms 西兰花炒双菇

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭



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WEDNESDAY

LUNCH

Diabetic Soup Menu

1. Eucommia Bark (Du Zhong) 杜仲, Black Bean 黑豆, Black Chicken Soup 乌鸡汤

Main

1. Steamed Cod Fish w/ Garlic 蒜酥蒸雪鱼
2. Stir Fried French Bean w/ Bean Curd & Sliced Pork 四季豆豆干炒肉片

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭

DINNER

Diabetic Soup Menu

1. Dioscorea Polystachya (Chinese Yam) 山药, Wolfiporia (Fuing) 茯苓 & Wolfberry (Qi Zhi) 枸杞 w/ Sliced Fish Soup 鱼汤

Main

1. Grilled Chicken Chop w/ Spicest 香料烤鸡扒
2. Stir Fried Asparagus w/ Shredded Pork & Bell Pepper 彩椒肉丝炒芦笋

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭



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THURSDAY

LUNCH

Diabetic Soup Menu

1. Dioscorea (Huai Shan) 淮山, Fungus 木耳, Soybean 黄豆, Pork Soup 猪肉汤

Main

1. Ginseng Chicken 人参鸡
2. Stir Fried Vegetable w/ Sliced Burdock 鲜蔬炒牛蒡片

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭

DINNER

Diabetic Soup Menu

1. Pumpkin 南瓜, Cashew Nut 腰果, Red Date 红枣, Chicken Soup 鸡汤

Main

1. Grilled Pork Belly w/ Sweet Potato & Onion 葱烧地瓜五花肉
2. Stir Fried Chinese Spinach w/ King Oyster Mushroom 杏鲍菇炒芥兰

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭



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FRIDAY

LUNCH

Diabetic Soup Menu

- 1. Kombu (Seaweed) 昆布, Ginkgo, 白果, Winter Melon 冬瓜, Red Date 枸杞, Chicken Soup 炖鸡汤

Main

- 1. Sliced Pork w/ Yellow Ginger 黄姜肉片
- 2. Stir Fried Broccoli w/ Sliced Fish 西兰花炒鱼片

Drinks

- 1. Daily Tea 养生茶

Rice

- 1. Red Rice 红米饭

DINNER

Diabetic Soup Menu

- 1. Peanut 花生, Lotus w/ Pig's Trotter Soup 花生莲藕猪脚汤

Main

- 1. Steamed Chicken Wing w/ Black Bean Sauce 豉蒸鸡翅
- 2. Stir Fried Cabbage w/ Bean Curd & Tomato 蕃茄白菜炒豆腐

Drinks

- 1. Daily Tea 养生茶

Rice

- 1. Red Rice 红米饭



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SATURDAY

LUNCH

Diabetic Soup Menu

- 1.Chinese Angelica Root (Dang Gui) 当归 Astragalus Root (Huang Qi) 黄芪, Sliced Fish Soup 养生鱼汤

Main

- 1.Braised Chicken w/ Taro 香芋焖鸡
- 2.Stir Fried Snow Pea w/ Bean Curd 腐竹炒荷兰豆

Drinks

- 1.Daily Tea 养生茶

Rice

- 1.Brown Rice 糙米饭

DINNER

Diabetic Soup Menu

- 1.Chinese Angelica Root (Dang Gui) 当归, Chinese Foxglove (Shu Di) 熟地, Szechuan Lovage Root (ChuanXiong) 川芎, Cinnamon (Gui Pi) 桂皮, Astragalus Root (Huang Qi) 黄芪, Pork Rib Soup 药炖排骨汤

Main

- 1."Steamed Fish 三丝蒸鱼 Stir Fried
- 2.Spinach w/ Bean Curd 麻香波菜炒豆包

Drinks

- 1.Daily Tea 养生茶

Rice

- 1.Brown Rice 糙米饭



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SUNDAY

LUNCH

Diabetic Soup Menu

1. Beetroot w/ Pork Rib Soup 降压甜菜排骨汤

Main

1. Grilled Fish w/ Tomato Sauce 茄汁烧鱼
2. Stir Fried Kai Lan w/ Mushroom 蘑菇炒小芥兰

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭

DINNER

Diabetic Soup Menu

1. Aloe Vera & Lotus Seed w/ Chicken Soup 芦荟连子炖鸡汤

Main

1. Stir Fried Sliced Pork w/ Pumpkin 南瓜炒肉片
2. Stir Fried Pea Shoot w/ Sliced Fish 豆苗炒鱼柳

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭



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DESCRIPTION

All meals come with 1 x serving of rice, 1 x serving of tonic soup, 2 x serving of main dishes and 1 x serving of daily tea (not replaceable and not exchangeable)

*Disposable containers are microwaveable.

It is advised to keep the food warm in thermal bag if not consumed immediately upon receipt.

You will be given 1 complimentary thermal bag and we will deliver our highly nourishing tasty meal at your doorstep.

Please be advised: No thermal bag will be given for the Trial Meal.

DELIVERY INFORMATION

Delivery Time

Lunch – 10.30 am to 1.30 pm

Dinner – 4.00pm – 7.00pm

We deliver from Monday to Sunday, including public holidays, except Eve and 1st three days of Chinese New year (4 days).

Delivery Info

We deliver to most parts of Singapore except CBD district and certain parts of central Singapore.**Please check whether we deliver to your location before ordering.

PAYMENT INFORMATION

Full payment must be made upon confirmation of your booking to secure the allotted booking slot.

We reserve the right to terminate the service if payment is not received on time.

ERP charges applied if delivery area falls within ERP zone.

Mode of Payment

- PayNow UEN: 200604871C
- Bank Transfer: UOB A/C: 3873099265
- Credit Card, Debit Card, PayPal
- Cheque Payment:
 - Cheque on first day of delivery. Please issue cheque made payable to "THE LIFESTAR GROUP PTE. LTD." And pass the cheque to the delivery crew.
 - Please indicate the invoice number on the back of the cheque.



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TERMS AND CONDITIONS

Full payment must be made upon confirmation of your booking to secure the allotted booking slot. We reserve the right to terminate the service if payment is not fully received on time.

Delivery

- Delivery hours: Lunch (10.30 am to 1.30 pm) Dinner (4.00 pm to 7.00 pm). You are advised to keep food in the thermal bag if not consumed immediately upon receipt.
- We deliver daily including public holidays except for Eve and 1st three days of Chinese Lunar New Year (4 Days).

Meal Reschedule

Customers are allowed to make 3 changes to their meal delivery schedule. Exceeding 3 times, there will be \$5 admin fee applied to every changes made.

- Customers must notify us at least 48 hours in advance for any meal reschedule. Any skipped meal notice within 48 hours will not be accommodated and the amount is not refundable if unconsumed.
- All skipped meals will be replaced by extending meal plan end date.
- No refund in cash will be given.

Terminations

All bookings made are deemed final.

- Any order applied with promo code is strictly non refundable.
- A promotional free gift is strictly non refundable, or free gift original price will be imposed for any termination or amendment.
- An administrative fee of \$100.00 will be imposed for any termination or amendment. Any discount given will be voided. Unconsumed meals will be refunded without a discount:

- 1) Wellness and Nourishing Meal Plan: consumed meals will pro-rate at \$48.00 per meal.
- 2) Herbal Essence- Diabetic Meal Plan: consumed meals will pro-rate at \$37.00 per meal.
- 3) Herbal Essence- Cancer, Stroke, Post-Surgery Meal Plan: consumed meals will pro-rate at \$42.00 per meal.
- 4) Customization Meal Plan: consumed meals will pro-rate at \$70.00 per meal.

Video consultation service is non-refundable. 24 hrs advance cancellation is required, or service will be forfeited.

Due to the seasonal nature of vegetable and products availability, we reserve the right to change the menu without notice.