



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

# WEEK A

**REJUVEN**

Better Health Richer Life

HERBAL ESSENCE - POST SURGERY WEEKLY MENU  
NO MSG / LESS OIL

## LUNCH OR DINNER

28 days \$1,036.00

21 days \$787.50

14 days \$532.00

## LUNCH AND DINNER

28 days \$1,960.00

21 days \$1,512.00

14 days \$1,036.00

07 days \$532.00

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

# MONDAY

## LUNCH

### Post Surgery Soup Menu

1. Lotus seed 莲子, Solomonseal Rhizome (Yu Zhu)玉竹, Bulbus Lili (Bai He)百合, Sweet Apricot Kernel (Nan Xing) w/ Pork Rib Soup 南杏排骨汤

### Main

1. Steamed Cod Fish w/ Wolfberry (Qi Zhi)药膳枸杞雪鱼
2. Stir Fried Asparagus & Lily Bulb w/ Diced Chicken 芦笋百合鸡丁

### Drinks

1. Daily Tea 养身茶

### Rice

1. Grain Rice 五谷饭

## DINNER

### Post Surgery Soup Menu

1. Polygonum (He Shou Wu)首乌 & White Peony (Bai Shao) w/ Pork Rib Soup 白芍排骨汤

### Main

1. Steamed Chicken w/ Black Fungus 黑木耳蒸鸡
2. Stir Fried Broccoli 西兰花彩蔬小炒

### Drinks

1. Daily Tea 养身茶

### Rice

1. Grain Rice 五谷饭



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# TUESDAY

## LUNCH

### Post Surgery Soup Menu

1. Tremella Fuciformis (Yin Er) 银耳  
Chicken Soup 椰子鸡汤

### Main

1. Chestnuts w/ Pork Rib 栗子烧排骨
2. Steamed Bean Curd w/ Minced  
Pork and Fried Silver Anchovies 银  
鱼肉末蒸豆腐

### Drinks

1. Daily Tea 养身茶

### Rice

1. Brown Rice 糙米饭

## DINNER

### Post Surgery Soup Menu

1. "Si Shen" (Chinese Angelica Root  
(Dang Gui) 当归, Euryale Ferox (Qian  
Shi) 芡实, Coix Seed (Yi Ren) 薏仁,  
Poria Cocos (Fu Ling) 茯苓 w/ Pork  
Rib Soup 四神排骨汤

### Main

1. Steamed Fish w/ Ginger 子姜树子蒸  
鱼
2. Stir Fried Seasonal Vegetable w/  
Lion's Mane Mushroom (Hericium  
Erinaceus) 猴头菇什锦蔬菜

### Drinks

1. Daily Tea 养身茶

### Rice

1. Brown Rice 糙米饭



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# WEDNESDAY

## LUNCH

### Post Surgery Soup Menu

1. Watercress (Xi Yang Cai) 西洋菜, Tangerine Peel (Chen Pi) 陈皮 & Honey Date (Mi Zao) 蜜枣 w/ Pork Bone & Sliced Fish Soup 猪骨生鱼汤

### Main

1. Double Boiled Pork w/ Potato 马铃薯 炖肉
2. Snow Pea w/ Bean Curd Skin 甜豆烩豆包

### Drinks

1. Daily Tea 养身茶

### Rice

1. Rice Berry 紫米饭

## DINNER

### Post Surgery Soup Menu

1. Codonopsis Root (Dang Shen) 党参, Wolfberry (Qi Zhi) 枸杞 & Dioscorea Polystachya (Chinese Yam) 山药 w/ Chicken Soup 鸡汤

### Main

1. Corn & Bamboo Shoot w/ Chicken Drumlet 玉米笋佐鸡小腿
2. Chayote w/ Sliced Fish 佛手鱼片

### Drinks

1. Daily Tea 养身茶

### Rice

1. Rice Berry 紫米饭



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# THURSDAY

## LUNCH

### Post Surgery Soup Menu

1. Walnut核桃, Black Bean 黑豆 & Lotus Root莲藕 w/ Pork Rib Soup 排骨汤

### Main

1. Herbal Chicken药材鸡
2. Stir Fried White Bitter Gourd w/ Minced Pork黄金肉末苦瓜

### Drinks

1. Daily Tea 养身茶

### Rice

1. Grain Rice五谷饭

## DINNER

### Post Surgery Soup Menu

1. Angelica Dahurica (Bai Zhi)白芷, Szechuan Lovage Root (Chuan Xiong)川芎 w/ Black Chicken Soup 乌鸡汤

### Main

1. Steamed Salmon w/ Black Fungus黑木耳蒸鲑鱼
2. Stir Fried Kai Lan w/ Mushroom芥兰扒双菇

### Drinks

1. Daily Tea 养身茶

### Rice

1. Grain Rice五谷饭



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# FRIDAY

## LUNCH

### Post Surgery Soup Menu

1. Tremella Fuciformis (Yin Er) 银耳, Solomonseal Rhizome (Yu Zhu) 玉竹, Bulbus Lillii (Bai He) 百合 w/ Chicken Soup 鸡汤

### Main

1. Braised Pumpkin Pork Rib 南瓜烧排骨
2. Stir Fried Spinach w/ Anchovies 菠菜银鱼

### Drinks

1. Daily Tea 养身茶

### Rice

1. Red Rice 红米饭

## DINNER

### Post Surgery Soup Menu

1. American Ginseng 花旗参, Red Date 红枣, Wolfberry (Qi Zhi) 枸杞 w/ Sliced Fish Soup 鱼汤

### Main

1. Stir Fried Chicken w/ Mushroom 爆炒蘑菇鸡片
2. Potato w/ Seaweed & Minced Pork 紫菜肉末烩薯片

### Drinks

1. Daily Tea 养身茶

### Rice

1. Red Rice 红米饭



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# SATURDAY

## LUNCH

### Post Surgery Soup Menu

1. Dioscorea Polystachya (Chinese yam) 山药 & Wolfiporia (Fuling) w/ Black Chicken Soup 乌鸡汤

### Main

1. Steamed Pork w/ Mushroom 冬菇蒸肉
2. Stir Fried Cauliflower w/ sliced Fish 麻香花椰鱼片

### Drinks

1. Daily Tea 养身茶

### Rice

1. Brown Rice 糙米饭

## DINNER

### Post Surgery Soup Menu

1. Wolfberry (Qi Zhi) & Chrysanthemum w/ Chicken Soup 枸杞菊花鸡汤

### Main

1. "Five Willow" Fish 五柳鱼片
2. Steamed Mushroom w/ Bean Curd 百菇蒸豆腐

### Drinks

1. Daily Tea 养身茶

### Rice

1. Brown Rice 糙米饭



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# SUNDAY

## LUNCH

### Post Surgery Soup Menu

1. Lotus Seed (Lian Zi) 莲子 & Poria Cocos (Fu Ling) 茯苓 w/ Pork Rib Soup 健脾排骨汤

### Main

1. Steamed Chicken w/ Cordyceps Flower 虫草花蒸鸡
2. Stir Fried Celery w/ Dried Bean Curd 芹菜炒香干

### Drinks

1. Daily Tea 养身茶

### Rice

1. Rice Berry 紫米饭

## DINNER

### Post Surgery Soup Menu

1. Solomonseal Rhizome (Yu Zhu) 玉竹, Sweet Apricot Kernel (Nan Xing) 南杏, Bulbus Lillii (Bai He) 百合 w/ Chicken Soup 润肺鸡汤

### Main

1. Spare Rib w/ Plum 梅香排骨
2. Stir Fried French Bean w/ Sliced Fish 四季鱼柳

### Drinks

1. Daily Tea 养身茶

### 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.