



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

# WEEK B

**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. American Ginseng 花旗参 & Burdock Root (Niu Bang) 牛蒡 w/ 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 肉丝丝瓜烩金针菜

### Drinks

1. Daily Tea 养身茶

### Rice

1. Grain Rice 五谷饭

## DINNER

### Post Surgery Soup Menu

1. Red Date & Cordyceps w/ Chicken Soup 红枣虫草花鸡汤

### 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 养身茶

### Rice

1. Grain Rice 五谷饭



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# TUESDAY

## LUNCH

### Post Surgery Soup Menu

1. Old Cucumber & Corn w/ Sliced Fish Soup 老黄瓜玉米炖鱼汤

### 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 养身茶

### Rice

1. Brown Rice 糙米饭

## DINNER

### Post Surgery Soup Menu

1. Bulbus Lili (Bai He) 百合 & Lotus Seed 莲子 w/ 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 养身茶

### Rice

1. Brown Rice 糙米饭



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# WEDNESDAY

## LUNCH

### Post Surgery Soup Menu

1. Eucommia Bark (Du Zhong) 杜仲 & Black Bean 黑豆 w/ 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 养身茶

### Rice

1. Rice Berry 紫米饭

## DINNER

### Post Surgery Soup Menu

1. Dioscorea Polystachya (Chinese Yam) 山药 & Wolfiporia (Fuling) 茯苓 w/ Sliced Fish Soup 枸杞鱼汤

### Main

1. Grilled Chicken Chop w/ Spices 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 养身茶

### Rice

1. Rice Berry 紫米饭



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# THURSDAY

## LUNCH

### Post Surgery Soup Menu

1. Dioscorea (Huai Shan)淮山, Fungus 木耳 & Soybean 黄豆 w/ 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 养身茶

### Rice

1. Grain Rice五谷饭

## DINNER

### Post Surgery Soup Menu

1. Pumpkin 南瓜, Cashew Nut 腰果 & Red Date 红枣 w/ 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 养身茶

### Rice

1. Grain Rice五谷饭



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# FRIDAY

## LUNCH

### Post Surgery Soup Menu

1. Kombu (Seaweed) 昆布, Ginkgo 白果, Winter Melon 冬瓜 & Red Date 枸杞 w/ 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 养身茶

### Rice

1. Red Rice 红米饭

## DINNER

### Post Surgery Soup Menu

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

### Main

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

### 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. Codonopsis (Dang Shen) 党参 & Wolfberry (Qi Zhi) 枸杞 w/ 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 养身茶

### Rice

1. Brown Rice 糙米饭

## DINNER

### Post Surgery Soup Menu

1. Wolfberry (Qi Zhi) 枸杞, Chinese Foxglove (Shu Di) 熟地, Szechuan Lovage Root (Chuang Xiong) 川芎, Cinnamon (Gui Pi) 桂皮 & Astragalus Root (Huang Qi) 黄芪 w/ Pork Rib Soup 排骨汤

### Main

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

### 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. Beetroot w/ Pork Rib Soup 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 养身茶

### Rice

1. Rice Berry 紫米饭

## DINNER

### Post Surgery Soup Menu

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

### 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 1 st 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.