



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

WEEK A

REJUVEN

Better Health Richer Life

HERBAL ESSENCE - STROKE 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

Stroke Soup Menu

1. Gastrodia (Tian Ma)天麻,
Solomonseal Rhizome (Yu Zhu)玉竹,
Bulbus Lilii (Bai He)百合, Sweet
Apricot Kernel (Nan Xing)南杏 w/
Pork Rib Soup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

Stroke Soup Menu

1. Polygonum (He Shou Wu)首乌,
Chinese Angelica Root (Dang Gui)
当归 & White Peony (Bai Shao) 白芍
w/ Pork Rib Soup 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

Stroke Soup Menu

1. Black Fungus 黑木耳 & Carrot w/
Pork Rib Soup 胡萝卜排骨汤

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

Stroke 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 (Heridium
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

Stroke Soup Menu

1. Celery 芹菜 Rea Date 红枣 & Water Chestnut w/ Sliced Fish Soup 荸荠鱼汤

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

Stroke Soup Menu

1. Astragalus Root (Huang Qi) 黄芪, Codonopsis Root (Dang Shen) 党参 & 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

Stroke Soup Menu

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

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

Stroke 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

Stroke 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

Stroke 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

Stroke Soup Menu

1. Chinese Angelica Root (Dang Gui)当归, Ginseng (Ren Shen)人参 & Salvia Root (Dan Shen)丹参 w/ Black Chicken Soup 补心乌鸡汤

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

Stroke Soup Menu

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

Stroke Soup Menu

1. Chinese Angelica Root (Dang Gui)当归, Poria Cocos (Fu Ling)茯苓, Astragalus Root (Huang Qi)黄芪 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

Stroke 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.