



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

WEEK C

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. Salvia Root (Dan Shen)丹参, Anredera Cordifolia (Tenore) Steenis(Chuan Qi) 川七, American Ginseng (Xi Yang Shen) 西洋参, Cinnamomum Cassia Presl (Gui Zhi), 桂枝 w/ Chicken Soup 护心鸡汤

Main

1. Steamed Pork Belly w/ Dried Tangerine Peel & Black Bean Garlic Sauce 陈皮豉酱猪腩
2. Stir Fried Kai Lan w/ Sliced Fish 芥兰烩鱼片

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭

DINNER

Stroke Soup Menu

1. Chinese Angelica Root (Dang Gui), 当归, Eucommia Bark (Du Zhong)杜仲, Black Bean黑豆, Pork Rib Soup 强腰排骨汤

Main

1. Steamed Cod Fish w/ Plum Sauce 梅酱鳕鱼
2. Stir-Fried Chicken w/ Capsicum (Bell Pepper) 彩椒鸡丁

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭



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TUESDAY

LUNCH

Stroke Soup Menu

1. Salvia Root (Dan Shen)丹参, Polygonum (He Shou Wu)首乌, Hawthorn 山楂, Black Chicken Soup 降脂乌鸡汤

Main

1. Steamed Salmon w/ Fungus双耳蒸鲑鱼
2. Fried Sliced Pork w/ Lotus & Sweet Beans莲子甜豆炒肉片

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭

DINNER

Stroke Soup Menu

1. Lotus Root 莲藕, Tangerine peel (Chen Pi)陈皮, Pork Rib Soup排骨汤

Main

1. Steamed Chicken w/ Sesame Sauce & Bailing Mushroom麻酱白雪菇蒸鸡
2. Stir Fried Broccoli w/ Mushroom西芹鲜炒杏鲍菇

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭



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WEDNESDAY

LUNCH

Stroke Soup Menu

1. Indian mulberry Root (Ba Ji Tian), 巴戟, Eucommia Bark (Du Zhong) 杜仲, Astragalus Root (Huang Qi) 黄芪, Pork Rib Soup 润骨排骨汤

Main

1. Steamed Chicken w/ Hong Zao (Red Glutinous Rice) 红糟鸡
2. Chayote w/ Sliced Pork 佛手肉片

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭

DINNER

Stroke Soup Menu

1. Chinese Angelica Root (Dang Gui) 当归, Szechuan Lovage Root (Chuan Xiong) 川芎, White Peony (Bai Shao) 白芍, Chicken Soup 十全鸡汤

Main

1. Salted Grilled Mackerel Fish 盐烤鲭鱼
2. Scrambled Egg w/ Sliced Pork 滑蛋肉片

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭



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THURSDAY

LUNCH

Stroke Soup Menu

1. Coix Seed (Yi Ren), 薏仁, Euryale Ferox (Qian Shi), 芡实 Lotus Seed 莲子 Sliced Fish Soup 益宝鱼汤

Main

1. Stir Fried French Bean w/ Shredded Pork 四季豆干肉丝
2. Mushroom w/ Chicken 奶香鲜菇鸡

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭

DINNER

Stroke Soup Menu

1. Chinese Angelica Root (Dang Gui) 当归, Polygonum (He Shou Wu), 首乌 Astragalus Root (Huang Qi) 黄芪, Salvia Root (Dan Shen) 党参 Pork Rib Soup 补气排骨汤

Main

1. Stir Fried Spinach w/ Diced Chicken 波菜鸡丁
2. Stir Fried Asparagus w/ White Fungus 雪耳炒芦笋

Drinks

1. Daily Tea 养生茶

Rice

1. Grain Rice 五谷饭



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FRIDAY

LUNCH

Stroke Soup Menu

1. Dendrobium Nobile (Shi Hu) 石斛, Poria Cocos (Fu Ling) 茯苓, Wolfberry (Qi Zhi) 枸杞, Chicken Soup 明目鸡汤

Main

1. Steamed Cod Fish w/ Chicken Essence 鸡精蒸鳕鱼
2. Stir Fried Sweet Corn & Fungus w/ Sliced Chicken 鲜炒鸡片(玉米笋、木耳、红葱)

Drinks

1. Daily Tea 养生茶

Rice

1. Red Rice 红米饭

DINNER

Stroke Soup Menu

1. Gastrodia (Tian Ma), 天麻, Chinese Angelica Root (Dang Gui) 当归, Astragalus Root (Huang Qi) 黄芪, Sliced Fish Soup 补气鱼汤

Main

1. Stir Fried Sliced Pork w/ Mushroom & Dioscorea Polystachya (Chinese Yam) 香菇山药肉片
2. Stir Fried Red Spinach Silver Anchovies 银鱼红苋菜

Drinks

1. Daily Tea 养生茶

Rice

1. Red Rice 红米饭



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SATURDAY

LUNCH

Stroke Soup Menu

1. Chinese Angelica Root (Dang Gui), 当归, Eucommia Bark (Du Zhong) 杜仲, Solomonseal Rhizome (Yu Zhu) 玉竹, Pork Rib Soup 补肾排骨汤

Main

1. Braised Pig's Trotter w/ Chinese Hawthorn 山楂猪脚
2. Stir Fried Chinese Cabbage w/ Sliced Fish 高丽菜炒鱼片

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭

DINNER

Stroke Soup Menu

1. Hylocereus undatus (Ba Wang Hua) 霸王花, Bulbus Lili (Bai He) 百合, Solomonseal Rhizome (Yu Zhu) 玉竹, Salmon Soup 解郁鲑鱼汤

Main

1. Steamed Chicken w/ Mushroom & Lotus Seed 香菇莲子蒸鸡
2. Steamed Minced Pork w/ Cauliflower, Wolfberry (Qi Zhi) & Bean Curd 白玉花椰蒸肉末

Drinks

1. Daily Tea 养生茶

Rice

1. Brown Rice 糙米饭



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SUNDAY

LUNCH

Stroke Soup Menu

1. Chinese Angelica Root (Dang Gui), 当归, Chinese Foxglove (Shu Di), 熟地, Szechuan Lovage Root (ChuanXiong) 川芎, Poria Cocos (Fu Ling) 茯苓
Chicken Soup 八珍鸡汤

Main

1. Steamed Chicken Drumettes w/ Ginger Gravy & Salted Fish 姜蓉咸鱼 蒸鸡翅
2. Stir Fried French Bean w/ Mushroom & Sliced Fish 四季冬菇鱼片

Dessert

1. Barley & Oatmeal 薏仁燕麦粥

Drinks

1. Daily Tea 养生茶

Rice

1. Rice Berry 紫米饭

DINNER

Stroke Soup Menu

1. White Peony (Bai Shao) 白芍, Radix Glycyrrhizae Preparara (Zhi Gan Cao) 炙甘草, Pork Rib Soup 养胃排骨汤

Main

1. Grilled Salmon w/ Teriyaki Sauce 照烧 鲑鱼
2. Braised Bean Curd, Red Carrot & Black Fungus w/ Sliced Pork 家常豆腐

Dessert

1. Barley & Oatmeal 薏仁燕麦粥

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 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.