

## Week 1 (第一周)

The delivery of a baby is an exhausting experience for a woman, both mentally and physically. In the period directly after giving birth, postpartum women may suffer from postpartum cold and blood stasis in the low abdomen with an underlying condition of Qi and blood deficiency.

During the first week of the confinement period it is vital to:

1. Ensure that lochia is discharged smoothly
2. Revitalize blood circulation and movement of Qi within the body
3. Restoring the expanded uterus to its original state
4. Expel harmful toxins

## Sheng Hua Soup (生化汤)

Sheng Hua Soup (生化汤) is a traditional Chinese herbal formula widely consumed by Asian women right after delivery. This traditional Chinese herbal formula, which is prepared in the form of soup, aids in the expulsion of toxins, the discharge of lochia and the revitalization of Qi and blood.

Due to the taxation of giving birth, the body will be deficient in both Qi and blood. And it is these deficiencies that allow wind to invade the body causing postpartum cold and blood stasis.

Sheng Hua Soup (生化汤) can be translated as "Generating and Transforming Decoction", it can also be defined as "Transforming" the old and "Generating" the new. "Transforming" represents the purification process (whereby toxins are expelled) and the restoration of the uterus to its original state. "Generating" represents the nourishment of the body to replenish nutrients, blood and Qi.

Sheng Hua Soup (生化汤) is also able to treat conditions such as the retention of placental fragments within the uterus, lochioschesis, painful postpartum uterine contractions and chronic endometritis.

During the first week of the confinement period, it is vital the women who have just given birth pay close attention to the purification of the toxins and the replenishment of nutrients for the body.

Sheng Hua Soup (生化汤) plays a key part in helping postpartum women start their path to restoring their bodies to a healthy and sound state.

## Sheng Hua Soup

### 生化汤

Consists of:

Szechuan Lovage Root (Chuan Xiong) 川芎,  
Semen Persicae (Tao Ren) 桃仁,  
Sliced Chinese Angelica (Dang Gui) 当归片,  
Roasted Licorice Root (Zhi Gan Cao) 炙甘草,  
Chinese Motherwort (Yi Mu Cao) 益母草,  
Blast-fried Ginger (Pao Jiang) 炮黑姜,  
Carthamus Tinctorius (Hong Hua) 红花,

**\*It helps to clear lochia after childbirth and prevents uterine tumors from developing.**

\*Szechuan Lovage Root (Chuan Xiong) improves the flow of Qi, blood flow and relieves pain.

\*Semen Persicae (Tao Ren) is used as an anti-coagulation, anti-hypertensive, anti-inflammation, detoxification, anti-allergenic agent and to relieve pain, constipation.

\*Roasted Licorice Root (Zhi Gan Cao) invigorates Qi and nourishes Yin, promotes Yang and regulates pulse.

\*Chinese Motherwort (Yi Mu Cao), if taken on a regular basis, improve abnormal menstrual cycles. Due to antispasmodic effects, Motherwort is helpful to restore uterine muscle tone after the childbirth. It may also have relaxing effects on the nervous system, it is effective in physical as well as in emotional symptoms of premenstrual syndrome and menopause. Motherwort is also used to improve circulation, lower blood lipids, and reduce platelet aggregation. (Not for pregnancy stage)

### Foods to Avoid After Birth

The main purpose of following an ideal diet after birth is to help the mother recover physically and also to aid in the healing of the C-Section incision or natural delivery.

Some foods are best to be avoided after natural birth or towards the recovery of the C-Section incision.

### Foods to Avoid Birth:

#### 1) Seafood

Mainly hairtail, yellow croaker, silver pomfret, freshwater mussel, shrimp, crab and other similar seafood. These types of seafood are generally salty and 'cold' and they may also contain toxins that are detrimental to mothers after a C-Section, especially for those that are hypersensitive. Consuming these types of seafood may cause asthma, allergic reactions such as nettle rash, swelling and other skin irritations.

#### 2) Poultry

Mainly chicken, beef, mutton and duck eggs etc. They are generally considered as containing toxins and may also elevate blood pressure, dizziness, headaches and harm the liver. And slow down the healing process of wound.

**It is best to avoid these foods for the first 7 days after birth.**

Confinement Meal Menu for Week 1		
	Lunch	Dinner
<b>Monday</b>	<p>Sheng Hua Soup 生化汤</p> <p>Steamed Pork Rib w/ Wolfberry (Qi Zhi) &amp; Pumpkin 枸杞南瓜蒸排骨</p> <p>Stir Fried Kai Lan w/ King Oyster Mushroom 芥兰扒杏包菇</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Dioscorea Polystachya (Chinese Yam) &amp; Wolfberry (Qi Zhi) w/ Pork Rib Soup 山药枸杞排骨汤</p> <p>Steamed Snakehead Fish w/ Asparagus, Carrot &amp; Mushroom 麒麟蒸生鱼</p> <p>Stir Fried Snow Pea &amp; Fungus w/ Sliced Pork 甜豆木耳肉片</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>Tuesday</b>	<p>Black Bean w/ Pork Rib 黑豆排骨汤</p> <p>Steamed Cod Fish w/ Spinach 翡翠雪鱼</p> <p>Stir Fried French Bean w/ Wood Ear Fungus (Auricularia auricula-judae) 四季云耳</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Nourishing Cordyceps w/ Threadfin Fish Soup 虫草滋补午鱼汤</p> <p>Stir Fried Pork Collar w/ Sesame Oil 麻香猪松板</p> <p>Stir Fried Celery w/ Mushrooms 西芹双菇</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
<b>Wednesday</b>	<p>Solomonseal Rhizome (Yu Zhu), Wolfberry (Qi Zhi) Pork Rib Soup 玉竹枸杞排骨汤</p> <p>Pig's Liver w/ Sesame Oil 麻香猪肝</p> <p><b>OR</b></p> <p>Stir Fried Snakehead Fish w/ Rice Wine 三杯生鱼</p>	<p>Sheng Hua Soup 生化汤</p> <p>Braised Pork Shank w/ Potato 清炖马铃薯肉 (猪腱肉)</p>

	<p>Stir Fried Asparagus w/ White Fungus 芦笋白木耳</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Stir Fried Kai Lan w/ Sliced Snakehead Fish 芥兰鱼生片</p> <p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>
<b>Thursday</b>	<p>Black Fungus w/ Pork Rib Soup 黑木耳排骨汤</p> <p>Steamed Salmon w/ Ginkgo 白果蒸鲑鱼</p> <p>Braised Bean Curd, Red Carrot &amp; Black Fungus w/ Sliced Pork 家常豆腐</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>**Logan &amp; Wolfberry (Qi Zhi) Fried Rice 桂圆枸杞炒饭</p>	<p>Nourishing Red Date w/ Snakehead Fish Soup 滋养, 红枣生鱼汤</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Stir Fried Broccoli w/ Capsicum 彩椒花椰</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<b>Friday</b>	<p>Sheng Hua Soup 生化汤</p> <p>Shredded Ginger w/ Sliced Pork 子姜肉丝</p> <p>Stir Fried Snow Pea w/ Lion's Mane (Heridium Erinaceus) Mushroom 甜豆猴头菇</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Lemon Grass w/ Pork Rib Soup 香茅姜排骨汤</p> <p>Steamed Red Snapper Fish w/ Chinese Angelica Root (Dang Gui) &amp; Red Date 当归红枣蒸红鲷鱼</p> <p>Stir Fried Spinach w/ Sliced Pork 菠菜肉片</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>

<p><b>Saturday</b></p>	<p>Burdock Root (Niu Bang) w/ Pork Rib Soup 牛蒡排骨汤</p> <p>“Five Willow” Red Snapper Fish (Capsicums+Fungus+Mushroom) 五柳烧鱼 (彩椒+黑木耳+香菇) 红鲷鱼</p> <p>Dioscorea Polystachya (Chinese Yam) w/ Sliced Pork 山药肉片</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Eucommia Bark (Du Zhong) w/ Pork Rib Soup 杜仲补腰排骨汤</p> <p>Sliced Pork w/ Onion &amp; Ginger Sauce 姜汁洋葱肉片</p> <p>Stir Fried Long Bean w/ Sesame Oil &amp; Bean Curd 长豆炒麻油豆干</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p><b>Sunday</b></p>	<p>Mushroom w/ Pork Rib Soup 香菇排骨汤</p> <p>Stir Fried Water Bamboo Shoot w/ Sliced Pork 茭白笋烩肉片</p> <p>Stir Fried Broccoli w/ Sliced Snakehead Fish 花椰烩生鱼片</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Dioscorea (Huai Shan), &amp; Wolfberry (Qi Zhi) w/ Salmon Soup 淮山枸杞鲑鱼汤</p> <p>Eucommia Bark (Du Zhong), Sesame Oil w/ Sliced Pork 杜仲, 麻油白肉</p> <p>Chayote w/ Mushroom 佛手鲜菇</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>

Confinement Meal Menu for Week A		
	Lunch	Dinner
<b>Monday</b>	<p>Papaya &amp; Peanut w/ Pork Rib Soup 木瓜花生排骨汤</p> <p>Stir Fried Sliced Chicken w/ Capsicum 彩椒鸡片</p> <p>Stir Fried Spinach w/ Mushrooms 菠菜双菇 (鸿禧菇+美白菇)</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Chinese Angelica Root (Dang Gui) Chicken Tonic Soup 当归, 北芪鸡汤</p> <p>Steamed Red Snapper Fish w/ Ginger &amp; Wolfberry (Qi Zhi) 老姜枸杞蒸红鲷鱼</p> <p>Stir Fried Potato w/ Sliced Pork 白汁肉片 (马铃薯+姜葱)</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>Tuesday</b>	<p>Polygonum (He Shou Wu) Soup &amp; Black Bean w/ Black-bone Chicken Soup 首乌黑豆乌鸡汤</p> <p>Grilled Salmon w/ Ginger &amp; Sesame 姜麻烤鲑鱼</p> <p>Stir Fried Asparagus w/ Sliced Chicken 芦笋鸡片</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>“Si Shen” Herbal w/ Pork Rib Soup 四神排骨汤</p> <p>Stir Fried Chicken &amp; Black Fungus w/ Rice Wine 黑木耳鸡酒</p> <p>Stir Fried Vegetable, Red Date &amp; Mushroom w/ Sliced Snakehead Fish 红枣鲜蔬生鱼片</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
<b>Wednesday</b>	<p>Dioscorea (Huai Shan) Pork Rib Soup 淮山排骨汤</p> <p>Steamed Chicken w/ Longan, Red Date &amp; Wolfberry (Qi Zhi) 三元蒸鸡 (桂圆+红枣+枸杞)</p> <p>Stir Fried Kai Lan w/ Sliced Snakehead Fish 芥兰生鱼片</p>	<p>Gastrodia (Tian Ma) w/ Threadfin Fish Soup 天麻午鱼汤</p> <p>Honey Glazed Pork Rib w/ Sliced Ginger 姜丝, 蜜汁排骨</p> <p>Stir Fried Pea w/ Baby Corn 碗豆片炒玉米芯</p>

	<p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice w/ Ginger &amp; Egg 姜蛋炒饭</p>
<b>Thursday</b>	<p>Eucommia Bark (Du Zhong), Chinese Angelica Root (Dang Gui) Chicken Soup 杜仲当归鸡汤</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Stir Fried Potato w/ Mushroom 马铃薯炒香菇</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Astragalus Root (Huang Qi), Codonopsis Root (Dang Shen) w/ Pork Rib Soup 黄芪党参排骨汤</p> <p>Braised Turmeric Chicken 黄姜焖鸡</p> <p>Stir Fried Broccoli w/ Garlic 蒜香西兰花</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<b>Friday</b>	<p>Papaya w/ Snakehead Fish Soup 木瓜生鱼汤</p> <p>"Hong Zao" (Red Glutinous Rice) Chicken 红糟鸡</p> <p>Stir Fried French Bean w/ Sliced Pork 四季肉片</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Ten Herbal Chicken Soup 十全鸡汤</p> <p>Steamed Pork Rib w/ Astragalus Root (Huang Qi) 黄芪蒸排骨</p> <p>Stir Fried Bean Curd w/ Capsicum &amp; Mushroom 三色豆腐包 (彩椒+香菇)</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>

<p><b>Saturday</b></p>	<p>Papaya, Coconut &amp; Groundnut Chicken Soup 木瓜椰肉花生鸡汤</p> <p>Braised Pork Shank w/ Herbs 清炖猪腱肉</p> <p>Stir Fried Kai Lan w/ Abalone Mushroom 芥兰鲍鱼菇</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Salvia Root (Dan Shen), Soybean w/ Pig's Trotter Soup 丹参黄豆猪脚汤</p> <p>Shao-Xing Chicken 绍兴鸡</p> <p>Baked Cauliflower &amp; Potato 奶香花椰烩马铃薯</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p><b>Sunday</b></p>	<p>Eucommia Bark (Du Zhong) Pork Rib Soup 杜仲排骨汤</p> <p>Braised Chicken w/ Chestnut &amp; Dried Longan 栗子, 桂圆烧鸡</p> <p>Braised Bean Curd 红烧豆腐</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Chinese Motherwort (Yi Mu Cao) w/ Sliced Pork Soup 益母草肉片汤</p> <p>Steamed Cod Fish w/ Gastrodia (Tian Ma) 天麻蒸雪鱼</p> <p>Stir Fried King Oyster Mushroom w/ Sliced Pork Collar 麻油双宝 (杏鲍菇+松板肉)</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>



Confinement Meal Menu for Week B		
	Lunch	Dinner
<b>Monday</b>	<p>Lotus Root, Peanut w/ Chicken Soup 莲藕花生鸡汤</p> <p>Braised Pork Rib w/ Black Vinegar 黑醋米酒烧排骨</p> <p>Stir Fried Celery &amp; Baby Corn w/ Minced Pork 西芹玉米肉碎</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>“Liu Wei” Nourishing Pork Rib Soup 六味滋补排骨汤</p> <p>Herbal Chicken 药材鸡</p> <p>Stir Fried Asparagus w/ Brown Beech Mushroom 芦笋鸿禧菇</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>Tuesday</b>	<p>Papaya w/ Snakehead Fish Soup 木瓜生鱼汤</p> <p>Steamed Chicken w/ Astragalus Root (Huang Qi) 黄芪香菇蒸鸡</p> <p>Potato w/ Seaweed &amp; Minced Pork 紫菜肉碎烩薯片</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Dioscorea (Huai Shan) &amp; Fungus w/ Black Chicken Soup 淮山枸杞桂圆雪耳乌鸡汤</p> <p>Steamed Salmon w/ Black Fungus 黑木耳蒸鲑鱼</p> <p>Stir Fried Vegetable w/ Bulbus Lillii 百合时蔬 (四季豆+百合+莲子+红椒)</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
<b>Wednesday</b>	<p>Radix Astragali (Bei Qi), Codonopsis Pilosula (Dang Shen) Black Chicken Soup 北芪党参乌鸡汤</p> <p>Steamed Threadfin Fish w/ Chicken Essence 鸡精蒸午鱼</p> <p>Stir Fried Broccoli w/ Lion’s Mane (Hericium Erinaceus) Mushroom 香蒜花椰猴头菇</p>	<p>Polygonum (He Shou Wu) w/ Pork Rib Soup 首乌排骨汤</p> <p>Braised Pork Shank w/ Herbs 药燉猪腱肉</p> <p>Stir Fried Snow Pea &amp; Mushroom 甜豆香菇</p>

	<p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p><b>**Fried Rice w/ Ginger &amp; Egg</b> 姜蛋炒饭</p>
<b>Thursday</b>	<p>Seaweed &amp; Soybean w/ Pork Rib Soup 海带黄豆排骨汤</p> <p>Stir Fried Rice Wine Chicken 米酒鸡</p> <p>Stir Fried Spinach w/ Anchovies 菠菜银鱼</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Four Elements w/ Chicken Soup 四物鸡汤 (当归, 川芎, 白芍, 熟地)</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Baked Cauliflower w/ Sliced Snakehead Fish 焗烤椰香生鱼片</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<b>Friday</b>	<p>Pumpkin w/ Minced Pork Soup 南瓜浓汤</p> <p>Grilled Chicken w/ Italian Herbs 意式香料烤鸡排</p> <p>Stir Fried French Bean w/ Mushroom 冬菇奶香四季豆</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p><b>**Spaghetti</b> 红酱意大利面</p>	<p>"Si Shen" Herbal w/ Pork Rib Soup 四神排骨汤</p> <p>Steamed Red Snapper Fish w/ Ginger &amp; Sesame Oil 姜丝, 麻油蒸红鲷鱼</p> <p>Stir Fried Asparagus w/ Capsicum 彩椒芦笋</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>

<b>Saturday</b>	<p>Gastrodia (Tian Ma) w/ Black Chicken Soup 天麻乌鸡汤</p> <p>Stewed Pork Rib w/ Potato 马铃薯焖排骨</p> <p>Chayote w/ Sliced Snakehead Fish 佛手片生鱼片</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Papaya Peanut, Black Eye Pea w/ Pig's Trotter Soup 木瓜花生眉豆红枣猪脚汤</p> <p>Stir Fried Diced Chicken w/ Mushroom, Ginger &amp; Sesame Oil 姜麻, 蘑菇炒鸡丁</p> <p>Stir Fried Broccoli w/ White Fungus 花椰白木耳</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<b>Sunday</b>	<p>Peanut, Red Date w/ Snakehead Fish Soup 花生红枣生鱼汤</p> <p>Fuzhou Red Wine Chicken 福州红酒鸡</p> <p>Stir Fried King Oyster Mushrooms 鲜味鲜菇 (杏鲍菇+雪白菇)</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Szechuan Lovage Root (Chuan Xiong) &amp; Black Date w/ Chicken Soup 川芎黑枣鸡汤</p> <p>Stir Fried Red Snapper Fish w/ Sliced Ginger &amp; Sesame Oil 麻油炒红鲷鱼</p> <p>Braised Bean Curd (Claypot Style) 葱烧豆腐</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>

Confinement Meal Menu for Week C		
	Lunch	Dinner
<b>Monday</b>	<p>Red Date, Chicken w/ Rice Wine Soup 红枣鸡米酒汤</p> <p>Steamed Pig's Trotter w/ Herbs 药膳蒸猪脚</p> <p>Broccoli w/ Sliced Snakehead Fish 西兰花生鱼片</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Codonopsis Pilosula (Dang Shen) w/ Salmon Soup 党参鲑鱼汤</p> <p>Honey Glazed Chicken Drumstick w/ Sliced Ginger 姜丝, 蜜汁鸡小腿</p> <p>Stir Fried Kai Lan w/ Double Mushrooms 芥兰双菇 (鸿禧菇+白菇)</p> <p>White Fungus, Lotus Seed &amp; Red Date Soup (Dessert) 银耳莲子红枣汤 (甜品)</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
<b>Tuesday</b>	<p>Lemon Grass w/ Pork Rib Soup 香茅排骨汤</p> <p>Salmon w/ Teriyaki Sauce 照烧鲑鱼</p> <p>Stir Fried Green Bean &amp; Baby Corn w/ Diced Chicken 毛豆, 玉米炒鸡丁</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>"Ba Zhen" w/ Chicken Soup 八珍鸡汤</p> <p>Sliced Pork w/ Double Mushrooms 双鲍菇炒肉片 (杏鲍菇+鲍鱼菇)</p> <p>Stir Fried Spinach w/ Anchovies 波菜银鱼</p> <p>Pumpkin &amp; Millet Congee (Dessert) 南瓜小米粥 (甜品)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>
<b>Wednesday</b>	<p>Eucommia Bark (Du Zhong), Hawthorn (Shan Zha) w/ Chicken Soup 杜仲山楂鸡汤</p> <p>Braised Pork Rib w/ Ginger &amp; Onion 姜葱烧排骨</p> <p>Stir Fried Snow Pea w/ Mushroom 甜豆美白菇</p>	<p>Black Bean w/ Pig's Trotter Soup 黑豆猪脚汤</p> <p>Steamed Threadfin Fish w/ Ginger &amp; Sesame Oil 老姜麻油蒸午鱼</p> <p>Stir Fried Sliced Pork w/ Asparagus 芦笋肉片</p>

	<p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Brown Sugar Black Sesame Seed Paste (Dessert) 黑糖芝麻糊 (甜品)</p> <p>Astragalus, Wolfberry (Qi Zhi) &amp; Red Date Tea 黄芪枸杞红枣茶</p> <p><b>**Fried Rice w/ Ginger &amp; Egg</b> 姜蛋炒饭</p>
<b>Thursday</b>	<p>"Si Shen" Herbal w/ Pork Rib Soup 四神排骨汤</p> <p>"Hong Zao" (Red Glutinous Rice) Fish 红糟鱼</p> <p>Stir Fried Kai Lan w/ Shredded Chicken 芥兰鸡丝</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Cordyceps w/ Chicken Soup 虫草鸡汤</p> <p>Pig's Trotter in Ginger &amp; Vinegar 猪脚姜醋</p> <p>Stir Fried Broccoli w/ White Fungus 绿椰银杏白木耳</p> <p>Red Bean Soup (Dessert) 红豆汤 (甜品)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<b>Friday</b>	<p>Borscht Soup w/ Pork 罗宋猪肉汤</p> <p>Grilled Chicken w/ Basil 萝勒烤鸡排</p> <p>Stir Fried Mushroom w/ Garlic 蒜香鲜菇</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p><b>**Spaghetti</b> 白酱意大利面</p>	<p>Nourishing Red Date w/ Snakehead Fish Soup 滋养红枣生鱼汤</p> <p>Braised Pork Rib w/ Ginger 姜丝, 红烧排骨</p> <p>Stir Fried French Bean w/ Sliced Chicken 四季豆炒鸡片</p> <p>Ginger w/ Sweet Potato Soup (Dessert) 姜汁地瓜甜汤 (甜品)</p> <p>Black Bean &amp; Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>

<p><b>Saturday</b></p>	<p>Eucommia Bark (Du Zhong) w/ Chicken Soup 杜仲补腰鸡汤</p> <p>Steamed Sliced Pork w/ Pumpkin 粉蒸南瓜肉片</p> <p>Stir Fried Spinach w/ Enoki Mushroom 菠菜炒金针菇</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Lotus Seed &amp; Papaya w/ Pork Rib Soup 莲子木瓜排骨汤</p> <p>Stir Fried Diced Chicken w/ Capsicum &amp; Cashew 彩椒, 腰果炒鸡丁</p> <p>Braised Bean Curd, Red Carrot &amp; Black Fungus w/ Sliced Pork 家常豆腐</p> <p>Black Glutinous Rice &amp; Longan Soup (Dessert) 紫米桂圆甜汤 (甜品)</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p><b>Sunday</b></p>	<p>Astragalus Root (Huang Qi) w/ Salmon Soup 黄芪鲑鱼汤</p> <p>Steamed Chicken w/ Ginger, Sesame Oil, Wolfberry (Qi Zhi) &amp; Lotus seed 姜麻, 枸杞莲子蒸鸡</p> <p>Stir Fried Sliced Lotus Root w/ Baby Corn 玉米芯烩藕片</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Szechuan Lovage Root (Chuan Xiong) &amp; Black Date w/ Black Chicken Soup 川芎黑枣乌鸡汤</p> <p>Stir Fried Sliced Pork w/ Black Fungus &amp; Sesame 黑木耳, 姜麻炒肉片</p> <p>Stir Fried Kai Lan w/ Mushroom 香菇芥兰</p> <p>Barley &amp; Oatmeal (Dessert) 薏仁燕麦粥 (甜品)</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>

\* All meals come with 1 x serving of Rice, 1 x serving of Dessert & 1 x serving of Daily Tea (Not replaceable / Non-exchangeable).

### Ginger

\*Ginger reduces all symptoms that are associated with motion sickness including nausea, dizziness, vomiting, and cold sweating. Ginger has also been effective in treating the nausea and vomiting that is associated with pregnancy. It contains high levels of active substances, so even a small dosage provides beneficial effects.

### **Sesame Oil**

\*Sesame oil is pressed from the tiny sesame seed. It is cholesterol-free. There are numerous compounds and antioxidants within the sesame seed that are imparted into the oil. Sesame oil has a lowering effect on blood pressure and levels of sodium in the blood. Sesame oil also is good for blood sugar levels. The seeds are especially high in copper, manganese, calcium, and magnesium. Some good benefits of sesame oil are: promotes bone growth, fights anxiety and depression, helps circulation and metabolism.

### **Understanding the Herbs:**

Astragalus Root (Huang Qi) / 黄芪

\*Astragalus Root (Huang Qi) tonifies spleen and augments Qi.

Black Bean / 黑豆

\*Black Beans replenish blood, promote secretion of breast milk, and brighten eyesight.

Black Date / 黑枣

\*Black date nourishes blood and reduce hypertension.

Bulbus Lili (Bai He) / 百合

\*Bulbus Lili (Bai He) nourishes Yin and moistening lung, which is used for indications like chronic cough due to Yin deficiency, and blood in sputum. And it clears heart heat, and calms spirit.

Burdock Root (Niu Bang) / 牛蒡

\*Burdock Root (Niu Bang) is a blood purifier, lymphatic system strengthener, natural diuretic and skin healer. It also defends against diabetes, combats cancer, improves arthritis, helps treat an enlarged spleen and fights tonsillitis.

Chinese Angelica Root (Dang Gui) / 当归

\*Chinese Angelica (Dang Gui) enriches blood, promote blood high levels of active substances, so even a small dosage provides beneficial effects.

Chinese Foxglove (Shu Di Huang) / 熟地

\*Chinese Foxglove (Shu Di Huang) tonifies blood & nourishes Yin.

Chinese Motherwort (Yi Mu Cao) / 益母草

\*Chinese Motherwort (Yi Mu Cao) is commonly used to treat gynecological diseases such as blood stasis and abdominal pain after childbirth.

Codonopsis Root (Dang Shen) / 党参

\*Codonopsis Root (Dang Shen) improves digestive system, corrects blood deficiency and enhances Qi.

Cordyceps / 虫草

\*Cordyceps improves respiratory health, increase oxygen uptake, boost heart health, detoxify the body, prevent certain types of cancer, slow the aging process, increases energy, and improves the immune system.

Dioscorea Polystachya (Chinese Yam) / 山药

\*Dioscorea Polystachya (Chinese Yam) helps to accelerate the growth of healthy tissue and reduce healing time.

Dioscorea (Huai Shan) / 淮山

\*Dioscorea (Huai Shan) nourishes the heart, spleen, benefit blood and calm the spirit.

**Eucommia Bark (Du Zhong) / 杜仲**

\*Eucommia Bark (Du Zhong) has varying degrees of regulation on the immune system, endocrine system, central nervous system, circulatory system and urinary systems.

**Gastrodia (Tian Ma) / 天麻**

\*Gastrodia (Tian Ma) extinguishes wind and alleviates pain. It calms the spirit.

**Ginkgo / 白果**

\*Ginkgo has high antioxidant and anti-inflammatory properties.

**Hawthorn (Shan Zha) / 山楂**

\*Hawthorn can help restore a harmonious balance between Yin and Yang.

**Lemon Grass / 香茅**

\*Lemongrass helps to expel wind and remove dampness, disperse swelling and alleviate pain.

**Longan / 桂圆**

\*Longan strengthens heart and spleen, nourish blood to induce tranquilization.

**Lotus Root / 莲藕**

\*Lotus Root nourishes blood and builds muscles.

**Lotus Seed / 莲子**

\*Lotus Seeds are a rich source of phosphorus, protein, potassium and magnesium. The seeds contain low levels of sugar, sodium, cholesterol and saturated fat.

**Red Date / 红枣**

\*Red Date helps to tonify the spleen, replenish Qi, nourish blood and ease the mind.

**“Hong Zao” (Red Glutinous Rice) / 红糟**

\*“Hong Zao” (Red Glutinous Rice) lowers bad cholesterol, strengthening cardio and regulating menses. Promotes blood circulation, helps discharge of blood clots.

**Polygonum (He Shou Wu) / 何首乌**

\*Polygonum (He Shou Wu) replenishes the liver & the kidneys with vital essence & blood. It strengthens the tendon & bones.

**Salvia Root (Dan Shen) / 丹参**

\*Salvia Root (Dan Shen) rids blood clots, pain, invigorates blood and breakup blood stasis.

**Solomonseal Rhizome (Yu Zhu) / 玉竹**

\*Solomonseal Rhizome (Yu Zhu) nourishes yin and moistens internal dryness.

**Szechuan Lovage Root (Chuan Xiong) / 川芎**

\*Szechuan Lovage Root (Chuan Xiong) promotes circulation of Qi and blood, expels wind.

**Turmeric Ginger / 黄姜**

\*Turmeric Ginger clears infection and inflammation on the inside and outside of the body.



**White Peony (Bai Shao) / 白芍**

\*White Peony (Bai Shao) nourishes blood, activates circulation and cools blood; has astringent actions; pacifies liver and alleviates pain.

**Wolfberry (Qi Zhi) / 枸杞**

\*Wolfberry (Qi Zhi) is rich in polysaccharide and vitamins. It helps reinforce the liver and the kidneys, replenish vital essence and improve vision.

**Understanding the Vegetables:**

**Asparagus / 芦笋**

\*Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.

**Basil / 罗勒**

\*Basil provides vitamin A, which contains beta-carotenes, powerful antioxidants.

**Bean Curd / 豆腐**

\*Bean Curd is a good source of protein and contains all eight essential amino acids. It is also an excellent source of iron and calcium and the minerals manganese, selenium and phosphorus.

**Broccoli / 西兰花**

\*Broccoli is an excellent source of vitamins A, C, & K, folic acid and fiber.

**Cauliflower / 椰菜花**

\*Cauliflower provides special nutrient support for three body systems. These three systems are the body's detox system, its antioxidant system and inflammatory/anti-inflammatory system.

**Capsicum (Bell Pepper) / 彩椒**

\*Capsicum (Bell pepper) is a good source of phytochemicals, providing exceptional antioxidant activity.

**Celery / 西芹**

\*Celery provides an excellent source of vitamin C and fiber.

**Chayote / 佛手瓜**

\*Chayote is very low in calories. It contains rich source of dietary fiber, antioxidants, minerals and vitamins.

**French Bean / 四季豆**

\*French bean has a great source of folate, fiber and vitamin K.

**Green Soybean / 毛豆**

\*Green beans are a good source of copper, vitamin B1, chromium, magnesium, calcium, potassium, phosphorus, choline, vitamin A (in the form of carotenoids), niacin, protein, omega-3 fatty acids, iron, vitamin B6 and vitamin E.

**Kai Lan / 芥兰**

\*Kai Lan is rich in iron, calcium, manganese and potassium.

**Long Beans / 菜豆**

\*Long beans contain beta-carotene, chlorophyll, vitamins B1 & B2, protein, thiamine, riboflavin, phosphorus, iron, fiber and pectin. It is useful for controlling blood sugar levels, treat hypertension, minimizes the risk of stroke, heart attack, treating constipation, and improve the functioning of the digestive organs.

**Papaya / 木瓜**

\*The papaya and peanuts enrich the milk glands.

**Potato / 马铃薯**

\*Potatoes are one of the richest sources of starch, vitamins, minerals and dietary fiber.

**Pumpkin / 南瓜**

\*Pumpkin is rich in vital antioxidants, and vitamins. Contains vitamin A and flavonoid poly-phenolic antioxidants such as leutin, xanthin, and carotenes in abundance.

**Seaweed / 海带**

\* Seaweed is an excellent source of the B-vitamin folate and magnesium, as well as a great source of iron, calcium and the B-vitamins riboflavin and pantothenic acid.

**Spinach / 菠菜**

\*Spinach is low in calories, yet extremely high in vitamins and minerals.

**Snow Pea / 甜豆**

\*Snow Pea has high concentration of vitamins and minerals. It provides the carotenoid phytonutrients, lutein and zeaxanthin, which are known to promote vision and eye health.

**Water Bamboo Shoots / 筍白笋**

\*Bamboo Shoot possesses the phenolic acids which is an antioxidant. It is also rich in amino acids, carbohydrates, protein, sugar, fat, minerals and fiber.

**Understanding the Mushrooms:**

**Black Fungus / 黑木耳**

\*Black fungus has a chemical that inhibits blood clotting. It labeled as a medicinal food for thousand years known for its rich nutrients such as iron, protein, fat, vitamins, polysaccharide and other minerals.

**King Oyster Mushroom / 杏包菇**

\*King Oyster Mushroom contains a variety of minerals and vitamins. Some of the vitamins include vitamin D, which is good for strong and healthy bones. Other vitamins found in these mushrooms are vitamins B12, B13, B3, and B5.

**Lion's Mane (Hericium Erinaceus) Mushroom / 猴头菇**

\*Lion's Mane mushroom (Hericium Erinaceus) inhibits cancer-causing processes, has anti-oxidative qualities, decreases inflammation and strengthens the immune system.

**White Fungus / 白木耳**

\*White fungus is rich in protein and vitamins. Enhances Yin, improves metabolism. Helps to speed up recovery.

**Wood Ear Mushroom (Auricularia auricula-judae) / 云耳**

\*Wood Ear Mushroom (Auricularia auricula-judae) has a high content of vitamins B, potassium, calcium also sodium, magnesium, phosphorus and silicon. It has high protein content, contains valuable fats and ballast materials.