



NouRiche
ALWAYS RICH IN NOURISHMENT

VEGETARIAN CONFINEMENT MEAL



**All meals will be served in individually packed food grade, microwaveable and disposable containers. Liquids are properly sealed to prevent spillage.*



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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, lochioschisis, 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.



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Sheng Hua Soup 生化汤

Consists of:

1. Szechuan Lovage Root (Chuan Xiong) 川芎
2. Semen Persicae (Tao Ren) 桃仁
3. Sliced Chinese Angelica (Dang Gui) 当归片
4. Roasted Licorice Root (Zhi Gan Cao) 炙甘草
5. Chinese Motherwort (Yi Mu Cao) 益母草
6. Blast-fried Ginger (Pao Jiang) 炮黑姜
7. 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:

- 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.

- 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.



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Calendar 2024

Week **A**

Week **B**

Week **C**

January

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

February

MO	TU	WE	TH	FR	SA	SU
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

March

MO	TU	WE	TH	FR	SA	SU
26	27	28	29	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

May

MO	TU	WE	TH	FR	SA	SU
29	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	1	2

June

MO	TU	WE	TH	FR	SA	SU
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

MO	TU	WE	TH	FR	SA	SU
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

August

MO	TU	WE	TH	FR	SA	SU
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

September

MO	TU	WE	TH	FR	SA	SU
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	1	2	3	4	5	6

October

MO	TU	WE	TH	FR	SA	SU
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3

November

MO	TU	WE	TH	FR	SA	SU
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	1

December

MO	TU	WE	TH	FR	SA	SU
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5



	Lunch	Dinner
MONDAY	<p>Sheng Hua Soup 生化汤</p> <p>Steamed Mock Fish Cutlet 蒸素鱼排</p> <p>Stir Fried Spinach with Bean Curd 菠菜炒豆包</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Shredded Ginger with Mock Fish Soup 姜丝素鱼汤</p> <p>Stir Fried Lemon Grass with King Oyster Mushroom 香茅烧杏鲍菇</p> <p>Stir Fried French Bean with Bean Curd 四季豆炒豆干</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
TUESDAY	<p>Unripe Papaya with Vegetarian Ball Soup 青木瓜素丸汤</p> <p>Stir Fried Mock Meat with Shredded Ginger 姜丝炒素肉</p> <p>Stir Fried Broccoli with Mushroom 西兰花炒鲜菇</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Peanut & Bean Curd Soup 花生豆包汤</p> <p>Stir Fried Mock Mutton with Capsicum 彩椒炒素羊肉</p> <p>Stir Fried Assorted Vegetable with Celery 什锦西洋芹 (玉米+香菇+红萝卜+西芹)</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>





<p>WEDNESDAY</p>	<p>“Si Shen” with Mock Chicken Soup 四神素鸡汤</p> <p>Stir Fried Mock Meat with Sesame Seed & Burdock Root 芝麻牛蒡炒素肉</p> <p>Stir Fried Snow Pea & King Oyster Mushroom 甜豆炒鲍菇</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Sheng Hua Soup 生化汤</p> <p>Stir Fried Mock Pork Rib with Chestnut 栗子烧素排骨</p> <p>Stir Fried Kai Lan with Bean Curd 芥兰炒腐竹</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>
<p>THURSDAY</p>	<p>Red Date & Wolfberries with Mock Fish Soup 红枣枸杞素鱼汤</p> <p>Stir Fried Mock Sliced Fish with Pumpkin 南瓜烧素鱼片</p> <p>Stir Fried Asparagus with White Fungus 芦笋炒白木耳</p> <p>Wellness Tea 保健茶</p> <p>**Logan & Wolfberry Fried Rice 桂圆枸杞炒饭</p>	<p>Assorted Mushroom with Mock Chicken Soup 什锦菇素鸡汤</p> <p>Vegetarian Sweet & Sour Pork 素咕咾肉</p> <p>Stir Fried Celery with Bean Curd 西芹炒百页</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p>FRIDAY</p>	<p>Nourishing Bean Curd Soup 养生豆包汤</p> <p>Steamed Mock Fish 蒸香素鱼</p> <p>Stir Fried Long Bean 三丝炒菜豆</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Sheng Hua Soup 生化汤</p> <p>Stir Fried Mock Pig’s Kidney with Ginger 姜炒素腰花</p> <p>Stir Fried French Bean with King Oyster Mushroom 杏鲍菇炒四季豆</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>





<p>SATURDAY</p>	<p>Lion's Mane Mushroom with Mock Pork Rib Soup 猴菇素排骨汤</p> <p>Stir Fried Preserved Vegetable with Shredded Mock Pork 梅菜炒素肉丝</p> <p>Stir Fried Assorted Vegetable with Fresh Mushroom 什锦炒鲜菇</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Black Bean with Mock Chicken Soup 黑豆素鸡汤</p> <p>Stir Fried Sliced Mock Pork with Potato 马铃薯炒素肉片</p> <p>Stir Fried Broccoli with Bean Curd 豆包炒西兰花</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p>SUNDAY</p>	<p>Polygonum with Mushroom Soup 首乌鲜菇汤</p> <p>Stir Fried Sliced Mock Pork with Cashew Nut & Lotus Seed 腰果莲子炒素肉片</p> <p>Braised Bean Curd Stick & Bean Curd 腐竹烧豆腐</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Mushroom with Mock Pork Rib Soup 香菇素排骨汤</p> <p>Stir Fried Mock Prawn with Celery 西芹炒素虾仁</p> <p>Stir Fried Spinach with Mushroom 香菇菠菜</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>





	Lunch	Dinner
MONDAY	<p>Four Elements with Mock Pig's Kidney Soup 四物素腰汤 (当归, 川芎, 白芍, 熟地)</p> <p>Stir Fried Sliced Mock Pork with Ginger Sauce 姜汁炒素肉片</p> <p>Stir Fried Kai Lan with Reishi Mushroom 芥兰炒灵芝菇</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Chinese Angelica Root & Astragalus Root with Mock Fish Soup 归芪炖素鱼汤</p> <p>Stir Fried Mock Scallop with Capsicum 彩椒炒素干贝</p> <p>Stir Fried French Bean with Black & White Fungus 四季豆炒双耳</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
TUESDAY	<p>Eucommia Bark with Mock Pork Rib Soup 杜仲素排骨汤</p> <p>Braised Mock Pork Ball 红烧素狮子头</p> <p>Stir Fried Spinach with Bean Curd 菠菜炒豆干</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Dioscorea Calming Soup 淮竹安神汤</p> <p>Sliced Mock Pork with Lion's Mane Mushroom & Dioscorea Polystachya (Chinese Yam) 猴菇山药炖素肉片</p> <p>Braised Snow Pea with Ginkgo 甜豆烩白果</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>





<p>WEDNESDAY</p>	<p>Unripe Papaya with Mock Pork Rib Soup 青木瓜素排骨汤</p> <p>Stew Mock Pig's Kidney with Herbs 药膳炖素腰花</p> <p>Stir Fried Assorted Vegetable 炒什锦鲜蔬 (红萝卜+黑木耳+西兰花+玉米芯+香菇)</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Black Bean with Mock Chicken Soup 黑豆素鸡汤</p> <p>Stir Fried Mock Meat with King Oyster Mushroom & Dried Bean Curd 杏鲍菇素肉烧豆卜</p> <p>Stir Fried Asparagus with Fungus 芦笋炒双耳</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice with Ginger & Egg 姜蛋炒饭</p>
<p>THURSDAY</p>	<p>Dioscorea Polystachya (Chinese Yam) with Mock Fish Soup 山药素鱼汤</p> <p>Stir Fried Sliced Mock Pork with Seaweed & Sesame 海带芝麻炒素肉片</p> <p>Stir Fried Potato, Red Carrot & Mushroom 炒三丝 (马铃薯+红萝卜+香菇)</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Polygonum with Mock Pork Rib Soup 首乌素排骨汤</p> <p>Braised Mock Pork Cutlet with Cashew Nut 腰果烧素排</p> <p>Braised Pumpkin with Mushroom 南瓜烩鲜菇</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p>FRIDAY</p>	<p>Burdock Root with Mock Chicken Soup 牛蒡素鸡汤</p> <p>Stir Fried Mock Fish with Chestnut 栗子烧素鱼</p> <p>Braised Lotus Root with Bean Curd 莲藕烩豆腐</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>	<p>Nourishing Mock Pork Rib Soup 补肾素排骨汤</p> <p>Stir Fried Sliced Mock Pork with Ginger 姜炒素肉片</p> <p>Stir Fried Reishi Mushroom with Fungus 灵芝菇炒木耳</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>





<p>SATURDAY</p>	<p>Ba Zhen with Mock Chicken Soup 八珍素鸡汤</p> <p>Stir Fried Shredded Mock Pork with Capsicum & Bean Curd 彩椒豆干炒素肉丝</p> <p>Stir Fried Broccoli & Cauliflower with Ginkgo 白果双花椰</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Nourishing Fish Soup 润肺素鱼汤</p> <p>Braised Mock Drumlette with Mushroom 蘑菇香煲素腿</p> <p>Stir Fried Snow Pea with Dried Bean Curd 甜豆炒豆卜</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p>SUNDAY</p>	<p>Peanut & Herbs with Mock Pork Rib Soup 药膳花生排骨汤</p> <p>Stir Fried Mock Meat with Burdock Root 牛蒡丝炒素肉</p> <p>Stir Fried Asparagus & White Bamboo Shoot 炒双笋（芦笋+白笋）</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>“Si Shen” with Mock Chicken Soup 四神素鸡汤</p> <p>Herbal Mock Pork Rib 药材排骨</p> <p>Stir Fried Kai Lan with Mushroom 芥兰烩香菇</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>





	Lunch	Dinner
MONDAY	<p>Sesame Oil Mock Chicken Soup 麻油素鸡汤</p> <p>Stir Fried Sliced Mock Pork with Black Fungus 黑木耳炒素肉片</p> <p>Stir Fried Cauliflower with Potato 椰花烩马铃薯</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Four Elements with Mock Fish Soup 四物素鱼汤 (当归, 川芎, 白芍, 熟地)</p> <p>Stir Fried Mock Meat with Capsicum & White Bamboo Shoot 彩椒白笋炒素肉</p> <p>Stir Fried Spinach with Mushroom 菠菜炒鲜菇</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
TUESDAY	<p>“Ba Zhen” with Lion’s Mane Mushroom Soup 八珍猴菇汤</p> <p>Steamed Mock Pork Rib with Ginger 姜蒸素排骨</p> <p>Stir Fried Long Bean with Bean Curd 豆干炒菜豆</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Chinese Angelica Root & Astragalus Root with Mock Chicken Soup 归芪素鸡汤</p> <p>Steamed Mock Meat with Bean Curd 素肉蒸豆腐</p> <p>Stir Fried Asparagus with Dried Bean Curd Stick 芦笋炒腐竹</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>





<p>WEDNESDAY</p>	<p>Dioscorea Polystachya (Chinese Yam) with Mock Fish Soup 山药素鱼汤</p> <p>Braised Mock Meat with Herbs 药膳炖素肉</p> <p>Stir Fried Spinach with Sesame Oil 麻香菠菜</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Sesame Oil Mock Chicken Soup 麻油素鸡汤</p> <p>Stir Fried Sliced Mock Pork with Lemon Grass 香茅烧肉片</p> <p>Stir Fried French Bean with Bulbus Lillii 百合炒四季豆</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice with Logan & Wolfberry 桂圆枸杞炒饭</p>
<p>THURSDAY</p>	<p>Polygonum with Mock Chicken Soup 首乌素鸡汤</p> <p>“Hong Zao” (Red Glutinous Rice) Mock Pork Rib 红糟排骨</p> <p>Stir Fried Chinese Spinach with King Oyster Mushroom 苋菜炒鲍菇</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Assorted Mushroom with Mock Pork Rib Soup 什锦菇排骨汤</p> <p>Eucommia Bark with Mock Pig’s Kidney 药膳杜仲素腰花</p> <p>Stir Fried Snow Pea with Bulbus Lillii 甜豆炒百合</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p>FRIDAY</p>	<p>Nourishing Mock Chicken Soup 补腰素鸡汤</p> <p>Stir Fried Mock Pork Cutlet with Sesame Oil 麻油素肉排</p> <p>Stir Fried Lotus Root with Assorted Vegetable 莲藕什菜</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>**Nourishing Vegetarian Fried Mee Hoon 养生素炒米粉</p>	<p>Ten Herbal with Mock Fish Soup 十全大补素鱼汤</p> <p>Stir Fried Sliced Mock Pork with Pumpkin 南瓜炒素肉片</p> <p>Stir Fried White Bamboo Shoot with Mushroom 香菇炒白笋</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>





<p>SATURDAY</p>	<p>Sesame Oil Mock Pork Rib Soup 麻油素排骨汤</p> <p>Stir Fried Mock Meat with King Oyster Mushroom 杏鲍菇炒素肉</p> <p>Braised Dried Bean Curd Stick & Bean Curd 腐竹烧豆卜</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Black Bean & Red Date with Mock Chicken Soup 黑豆红枣素鸡汤</p> <p>Stir Fried Shredded Mock Pork with Celery 西芹炒素肉丝</p> <p>Braised Potato with Bean Curd 马铃薯烧豆腐</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p>SUNDAY</p>	<p>“Liu Wei” with Mock Fish Soup 六味素鱼汤</p> <p>Mock Pork Rib with Black Vinegar 黑醋素排骨</p> <p>Stir Fried Kai Lan with Reishi Mushroom 芥兰炒灵芝菇</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Nourishing Cordyceps Soup 虫草滋补汤</p> <p>Stir Fried Mock Meat with Asparagus & Mushroom 芦笋鲜菇炒素肉</p> <p>“Three Cups” Bean Curd 三杯豆干</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>





	Lunch	Dinner
MONDAY	<p>“Ba Zhen” with Mock Fish Soup 八珍素鱼汤</p> <p>Stir Fried Mock Pig’s Kidney with Sesame Oil 麻油炒素腰花</p> <p>Stir Fried Broccoli & Cauliflower with Mushroom 香菇炒双椰花</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>	<p>Four Elements with Mock Pork Rib Soup 四物素排骨汤 (当归, 川芎, 白芍, 熟地)</p> <p>Stir Fried Mock Chicken with White & Black Fungus 双耳炒素鸡</p> <p>Stir Fried Snow Pea with Bulbus Lili & Lotus Seed 百合莲子炒甜豆</p> <p>Red Bean Tea 红豆茶</p> <p>Grain Rice 五谷饭</p>
TUESDAY	<p>Ten Herbal with Mock Chicken Soup 十全大补素鸡汤</p> <p>Braised Mock Meat Ball 红烧素狮子头</p> <p>Stir Fried French Bean & Pumpkin 黄金四季豆</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>	<p>Chinese Angelica Root with Mock Mutton Soup 当归素羊肉汤</p> <p>“Hong Zao” (Red Glutinous Rice) Sliced Mock Pork 红糟素肉片</p> <p>Stir Fried Assorted Mushroom 炒什锦菇</p> <p>Nourishing Burdock Tea 养生牛蒡茶</p> <p>Brown Rice 糙米饭</p>





<p>WEDNESDAY</p>	<p>Chinese Angelica Root & Burdock Root with Mock Pork Rib Soup 当归牛蒡素排骨</p> <p>Stir Fried Sliced Mock Pork 什锦炒素肉片</p> <p>Steamed Pumpkin with Wolfberry 枸杞蒸南瓜</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>Rice Berry 紫米饭</p>	<p>Sesame Oil Mock Chicken Soup 麻油素鸡汤</p> <p>Braised Mock Pork Cutlet with Dioscorea Polystachya (Chinese Yam) 山药烧素肉排</p> <p>Stir Fried Bean Curd with Capsicum 彩椒炒豆腐</p> <p>Astragalus, Wolfberry & Red Date Tea 黄芪枸杞红枣茶</p> <p>**Fried Rice with Assorted Vegetable 什锦炒饭</p>
<p>THURSDAY</p>	<p>Nourishing Mock Fish Soup 补腰素鱼汤</p> <p>Stir Fried Shredded Mock Meat with Burdock Root 牛蒡炒素肉丝</p> <p>Stir Fried Asparagus with Bulbus Lillii & Gingko 芦笋炒百合白果</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>	<p>Four Elements with Mock Chicken Soup 四物素鸡汤 (当归, 川芎, 白芍, 熟地)</p> <p>Stir Fried Sliced Mock Pork with Sesame Oil 麻油炒素肉片</p> <p>Stir Fried Broccoli with Dried Bean Curd Stick 西兰花炒腐竹</p> <p>Wellness Tea 保健茶</p> <p>Grain Rice 五谷饭</p>
<p>FRIDAY</p>	<p>Nourishing Cordyceps with Mock Pork Rib Soup 虫草滋补素排骨汤</p> <p>Stir Fried Mock Meat with Lemon Grass & Ginger 香茅姜炒素肉</p> <p>Braised Mushroom & Bean Curd with Sesame Oil 麻油烩鲜菇豆卜</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>**Fried Mee Hoon with Pumpkin 南瓜米粉</p>	<p>"Si Shen" with Mock Chicken Soup 四神素鸡汤</p> <p>Braised Mock Pork Rib with Chestnut 栗子烧素排骨</p> <p>Stir Fried Kai Lan with Reishi Mushroom 芥兰炒灵芝菇</p> <p>Black Bean & Licorice Tea 黑豆甘草茶</p> <p>Red Rice 红米饭</p>





<p>SATURDAY</p>	<p>“Liu Wei” with Mock Chicken Soup 六味素鸡汤</p> <p>Steamed Mock Fish with Chinese Angelica Root 当归蒸素鱼</p> <p>Stir Fried Snow Pea with Bean Curd 麻香甜豆炒豆干</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>	<p>Solomonseal Rhizome with Mock Pork Rib Soup 玉竹养生素排骨汤</p> <p>“Three Cups” Mock Meat with King Oyster Mushroom 三杯素肉鲍菇</p> <p>Stir Fried Spinach with Mushroom 菠菜炒鲜菇</p> <p>Red Date Tea 红枣茶</p> <p>Brown Rice 糙米饭</p>
<p>SUNDAY</p>	<p>Mushroom with Mock Chicken Soup 百菇素鸡汤</p> <p>Steamed Mock Pork Rib with Herbs 药膳蒸排骨</p> <p>Stir Fried Broccoli with Wolfberry 枸杞西兰花</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>	<p>Polygonum with Mock Fish Soup 首乌素鱼汤</p> <p>Stir Fried Mock Meat with Chayote 佛手瓜炒素肉</p> <p>Stir Fried Asparagus with White Fungus 芦笋炒白木耳</p> <p>Qi Invigorating Tea 益气补虚养身茶</p> <p>Rice Berry 紫米饭</p>





NouRiche
ALWAYS RICH IN NOURISHMENT

VEGETARIAN CONFINEMENT MEAL



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.



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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

Logan strengthens heart and spleen, nourish blood to induce tranquilization.



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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.



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VEGETARIAN CONFINEMENT MEAL



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 phosphorous.

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.



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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 / 筴白笋

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



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UNDERSTANDING THE MUSHROOMS:

Black Fungus / 黑木耳

Black fungus has a chemical that inhibits blood clotting. It is labeled as a medicinal food for thousands of 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.

