NouRiche®
ALWAYS RICH IN NOURISHMENT

REGULAR
CONFINEMENT MEAL



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

NouRiche®
ALWAYS RICH IN NOURISHMENT

Our Package

REGULAR CONFINEMENT MEAL**



28 DAYS
Twin Meal
Lunch **AND** Dinner
$1,788
*Entitled to $128 Early Bird Discount
$1,660

Single Meal
Lunch **OR** Dinner
$938
*Entitled to $38 Early Bird Discount
$900



21 DAYS
Twin Meal
Lunch **AND** Dinner
$1,358
*Entitled to $68 Early Bird Discount
$1,290

Single Meal
Lunch **OR** Dinner
$728



14 DAYS
Twin Meal
Lunch **AND** Dinner
$938
*Entitled to $38 Early Bird Discount
$900

Single Meal
Lunch **OR** Dinner
$508



07 DAYS
Twin Meal
Lunch **AND** Dinner
$508



Complimentary **6 months** Baby Protection Plan

REGULAR CONFINEMENT TRIAL MEAL**



Choice of Lunch Or Dinner

Begin the NouRiche experience in your third trimester with our Pre-Natal Trial Menu. Consider it your head start to health and wellness for good.

For prenatal mothers, we recommend the trial meal only after the second trimester.

*** Available only on Tuesday, Thursday and Saturdays.**
*** Kindly place your order 2 days in advance.**

***Complimentary 6 months Baby protection plan.**

+65 6980 5707 nouriche@richfoodsg.com nouriche.sg

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ADD-ON MEALS PACKAGES

TWIN PACKAGE
Lunch **AND** Dinner

- 28 Days — $566
- 21 Days — $432
- 14 Days — $290
- 7 Days — $158

Add-On Meal comes with:



1 White Rice



1 Nutritious Soup



1 Meat



1 Vegetable



1 Side Dish

SINGLE PACKAGE
Lunch **OR** Dinner

- $290 — 28 Days
- $230 — 21 Days
- $158 — 14 Days
- $92 — 7 Days

Add-On Meal package has to be delivered together with Confinement meal package.

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NouRiche®
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REGULAR
CONFINEMENT MEAL



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.

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REGULAR CONFINEMENT MEAL



Sheng Hua Soup 生化汤

Consists of:

1. Szehuan 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.*
- *Szehuan 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.

NouRiche®
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Calendar 2026

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	

February

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	

March

Mo	Tu	We	Th	Fr	Sa	Su
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April

Mo	Tu	We	Th	Fr	Sa	Su
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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			

May

Mo	Tu	We	Th	Fr	Sa	Su
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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

June

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
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29	30					

July

Mo	Tu	We	Th	Fr	Sa	Su
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6	7	8	9	10	11	12
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27	28	29	30	31		

August

Mo	Tu	We	Th	Fr	Sa	Su
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
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31						

September

Mo	Tu	We	Th	Fr	Sa	Su
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28	29	30				

October

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
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November

Mo	Tu	We	Th	Fr	Sa	Su
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30						

December

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			

NouRiche

Week 1

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
MONDAY 星期一	**Sheng Hua Rejuvenation Broth** 生化元气汤 **A warming herbal soup for postnatal recovery and overall vitality*	**Chinese Yam & Pork Rib Tonic Broth** 健脾固肾山药排骨汤 **A restorative broth of pork ribs and Chinese yam to strengthen the spleen and kidneys, support digestion, and promote energy restoration*
	Glazed Pork Chop with Goji & Pumpkin Velvet 枸杞南瓜香煎猪扒 **Tender pork chop glazed and paired with smooth pumpkin purée and antioxidant-rich goji berries*	**Steamed Seabass with Goji & Ginger** 枸杞姜丝蒸鲈鱼 **Delicate seabass fillet gently steamed with ginger and antioxidant-rich goji berries*
	Crisp Kailan with King Mushrooms & Pork Slivers 芥兰杏鲍菇炒肉丝 **Wok-tossed Kailan with savory pork and juicy king oyster mushrooms*	**Stirred-fried pork with Snow Peas with Black Fungus** 甜豆木耳炒肉片 **Crunchy snow peas and immune-boosting black fungus wok-fried with tender pork slices*
	Sweet Potato & Goji Grain Bowl 枸杞红薯养生饭 **Fragrant rice with naturally sweet red yam and nourishing goji berries*	**Tri-Color Quinoa Rice** 三色藜麦饭 **A wholesome grain bowl that brings warmth, energy, and gentle nourishment*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week 1

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Tuesday **星期二**	**Blood Nourishing Black Bean & Lotus Root Pork Rib Soup** 养血祛风黑豆莲藕排骨汤 **A hearty soup of pork ribs, black beans, and lotus root which nourishes blood, improves circulation, and helps dispel wind for postpartum balance*	**Cordyceps Sea Perch Tonic Soup** 补肺益肾虫草午鱼汤 **A delicate herbal tonic brewed with sea perch and cordyceps flowers to nourish the lungs, strengthen the kidneys, and boost postnatal vitality*
	Cantonese-style Steamed Turbot with Ginger 姜丝港蒸多宝鱼 **Turbot fish delicately steamed with shredded ginger to support spleen function and reduce internal cold*	**Sesame Oil Pork Slices** 麻油肉片 **Tender pork slices stir-fried in warming sesame oil and old ginger*
	Stir-fried French Beans with Enoki & Black Fungus 金针菇云耳炒四季豆 **A vibrant mix of enoki mushrooms, black fungus, and crunchy French beans which rich in fiber*	**Sautéed Bok Choy with Mushrooms** 上海青炒双菇 **Baby bok choy stir-fried with shiitake and white mushrooms. High in fiber and antioxidants, this dish gently supports digestion and immunity*
	Mixed Vegetable Fried Rice 什锦菜饭 **Fragrant fried rice infused with a medley of seasonal vegetables to enhance digestion and provides a colorful array of nutrients*	**Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche
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Week 1

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Wednesday **星期三**	**Soothing Solomon's Seal, Goji & Pork Rib Soup** 养阴润燥玉竹枸杞排骨汤 **A gentle, yin-nourishing soup with Solomon's, goji berries, and pork ribs to hydrate dryness and supports immunity*	**Sheng Hua Rejuvenation Broth** 生化元气汤 **A warming herbal soup for postnatal recovery and overall vitality*
	Stir-Fried Pork Fillet with Capsicum 彩椒炒猪柳条 **Lean pork fillet wok-fried with vibrant bell peppers for a colorful, vitamin-rich dish*	**Braised Pork in Tomato & Potato** 番茄马铃薯炖肉 **Tender pork stewed with tomatoes and potatoes which are rich in lycopene, vitamin C, and iron*
	Stir-Fried Romaine Lettuce with Corn 玉米炒油麦菜 **Crisp romaine lettuce and sweet corn stir-fried lightly to aid digestion and provide essential fiber*	**Braised Fish Fillet with Kailan** 芥兰烩鱼片 **Succulent white fish fillet braised with crisp kailan to support bone health and enhance vitality*
	Fragrant Rice Berry 紫米饭 **Nutty, aromatic purple rice to improve gut function*	**Homestyle Stir-fried Vermicelli** 家常炒米粉 **Lightly stir-fried rice vermicelli which is easy on digestion, comforting, and energizing*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week 1

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Thursday **星期四**	**Kidney Nourishing Black Fungus Corn Pork Rib Soup** 滋肾养胃黑木耳玉米排骨汤 **A hearty soup made with pork ribs, sweet corn, and black fungus to strengthen the kidneys and nourish the stomach* **Steamed Salmon with Ginkgo** 白果蒸鲑鱼 **Tender salmon fillet delicately steamed with ginkgo nuts, rich in Omega-3 fatty acids to support brain function and skin elasticity* **Pumpkin Braised Tofu** 南瓜煲豆腐 **Soft tofu slow braised with sweet pumpkin for a creamy, nourishing dish* **Longan & Goji Fried Rice** 桂圆枸杞炒饭 **Wok-fried rice infused with longan and goji berries* **Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Rejuvenating Snakehead Fish Soup** 滋养润肺生鱼汤 **A nourishing soup made with snakehead fish, known for its high protein content and healing properties. Ideal for tissue repair, skin health, and moistening the lungs* **Pig's Trotter in Ginger & Vinegar** 猪脚姜醋 **A warming traditional delicacy slowly cooked in black vinegar and ginger. Rich in collagen and calcium to support postpartum recovery* **Capsicum & Mushroom Stir-Fried Broccoli** 彩椒香菇炒西兰花 **Vibrant bell peppers and shiitake mushrooms tossed with crunchy broccoli* **Sesame Snow Lotus Seed Rice** 芝麻雪莲子饭 **Fragrant rice infused with sesame and snow lotus seeds* **Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week 1

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Friday **星期五**	**Sheng Hua Rejuvenation Broth** 生化元气汤 **A warming herbal soup for postnatal recovery and overall vitality*	**Lemongrass & Ginger Antioxidant Pork Rib Soup** 舒痛抗氧香茅姜排骨汤 **A soothing and warming helps relieve muscle tension, support detoxification, and enhance antioxidant defense*
	Stirred-fried Sliced Pork with Shredded Ginger 子姜肉丝 **Tender slices of pork stir-fried with young ginger, invigorating warmth and aiding digestion*	**Steamed Grouper with Ginger & Mushroom** 姜丝香菇蒸石斑鱼 **Fresh grouper fillet gently steamed with julienned ginger and shiitake mushrooms to support tissue repair*
	Braised Hericium Mushrooms in Red Amaranth 红苋菜烩猴头菇 **Lion's mane mushrooms gently braised with antioxidant-rich red amaranth which beneficial for calming the gut*	**Stir-Fried Pork with Spinach & Goji Berries** 枸杞菠菜炒肉丝 **A vibrant stir-fry of tender pork, iron-rich spinach, and nourishing goji berries*
	Stir-Fried Yee Noodles 炒伊面 **Classic Cantonese-style egg noodles lightly stir-fried for a comforting, energizing grain base*	**Sesame & Baby Anchovies Rice** 银鱼芝麻拌饭 **A calcium- and protein-rich dish combining baby anchovies and toasted sesame with fluffy white rice*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week 1

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Saturday 星期六	**Anti-aging Burdock Pork Rib Detox Soup** 抗老排毒牛蒡排骨汤 **A cleansing soup of pork ribs and burdock root for detoxification and anti-aging*	**Eucommia Bark with Pork Rib Soup** 补腰固肾杜仲排骨汤 **A deeply nourishing herbal broth brewed with Eucommia bark and pork ribs to strengthen the kidneys and support joint health*
	Braised Fish Fillet with Zucchini 节瓜烧鱼片 **Soft braised fish fillets with zucchini to promote hydration and cool internal heat*	**Stir-Fried Pork with Cashew, Onion & Capsicum** 洋葱腰果彩椒炒肉片 **A balanced dish that invigorates qi, strengthens immunity, and offers comforting warmth*
	Stir-Fried Pork with Snow Peas & Chinese Yam 荷兰豆山药炒肉片 **A nutrient-dense combination of crisp snow peas, energizing Chinese yam, and lean pork*	**Stir-Fried Long Bean with Sesame Oil & Bean Curd** 麻油豆干炒豆苗 **Long beans and tender bean curd lightly stir-fried in fragrant sesame oil*
	Buttery Sweet Corn Rice 奶香玉米饭 **Fragrant rice blended with sweet corn and creamy essence*	**Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week 1

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Sunday **星期日**	**Beetroot & Mushroom Pork Rib Soup** 补血香菇甜菜根排骨汤 **A formulated soup to nourish and build blood, enhance circulation, and support postpartum recovery* **Stir-Fried Pork with Mixed Vegetable** 什锦炒肉片 **A colorful medley of seasonal vegetables stir-fried with tender pork slices to provide a balanced source of fiber and protein* **Sliced Snakehead Fish with Hong Kong Choy Sum** 港菜心烩鱼片 **Lean and protein-rich snakehead fish gently stir-braised with crisp Hong Kong choy sum to promote healing* **Fragrant Rice Berry** 紫米饭 **Nutty, aromatic purple rice to improve gut function* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Peanut Pork Trotter Soup** 补气养血花生猪脚汤 **A collagen-rich to nourishes the blood, supports lactation, strengthens joints, and replenishes postpartum energy* **Homestyle Braised Fish in Soy Sauce** 家常红烧鱼 **Classic comfort dish of fish braised in aromatic soy sauce with ginger and herbs aids tissue recovery* **Braised Chayote with Fresh Mushrooms** 佛手瓜烩鲜菇 **Mild and hydrating chayote braised with tender mushrooms to promote fluid balance* **Goji & Sweet Potato Rice** 枸杞红薯饭 **A naturally sweet and warming rice blend of red yam and antioxidant-rich goji berries* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week A

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
MONDAY 星期一	**Italian Tomato Fish Soup** 意式番茄鱼汤 Fusion **A Mediterranean-inspired broth which rich in lycopene and omega-3s to support heart health and improve postnatal recovery*	**Blood-Nourishing Chinese Angelica Root Chicken Soup** 益气养血当归北芪鸡汤 **A classic healing soup to nourish blood, boosts qi, and strengthens postpartum recovery*
	Turkish Cheese Mushroom Chicken 土耳其乳酪蘑菇鸡 Fusion **Tender chicken breast oven-baked with creamy cheese and earthy mushrooms to provide high-quality protein and calcium*	**Steamed Sea Bass with Ginger, Vermicelli & Tofu** 老姜冬粉豆腐蒸鲈鱼 **Delicately steamed sea bass to improve protein absorption, and soothe the stomach*
	Creamy Baked Zucchini with Mushrooms 香菇奶油烤节瓜 Fusion **Silky zucchini and shiitake mushrooms baked in a light cream sauce*	**Stir-Fried Chinese Spinach with Pork Slivers & Goji Berries** 枸杞肉丝炒红苋菜 **Vibrant Chinese spinach stir-fried with goji berries and pork to support blood building and eye health.*
	Sweet Potato & Goji Grain Bowl 枸杞红薯养生饭 **Fragrant rice with naturally sweet red yam and nourishing goji berries*	**Tri-Color Quinoa Rice** 三色藜麦饭 **A wholesome grain bowl that brings warmth, energy, and gentle nourishment*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week A

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Tuesday **星期二**	**Cognitive & Kidney-Nourishing Matsutake Black Chicken Soup** 益肾健脑松茸乌鸡汤 **A deeply restorative soup which perfect for boosting postnatal recovery and sharpening mental clarity.*	**Walnut & Lotus Root Pork Rib Soup** 养心安神核桃莲藕排骨汤 **A gentle, grounding soup to support heart health, nourishes the blood, and calms the mind*
	Grilled Salmon with Citrus Lemongrass 香檬香茅烤鲑鱼 Fusion **Juicy salmon fillet grilled with aromatic lemongrass and citrus zest. High in omega-3s, supports heart health and reduces inflammation*	**Stir-Fried Chicken with Red Date, Goji & Black Fungus in Rice Wine** 红枣枸杞黑木耳鸡酒 **Wok-tossed tender chicken and a touch of rice wine — invigorates blood, warms the uterus, and boosts immunity*
	Stir-Fried Spinach with Mushrooms 菠菜炒双菇 **Iron-rich spinach sautéed with white and shiitake mushrooms to enhance blood circulation*	**Stir-Fried Asparagus with Shredded Pork** 芦笋炒肉丝 **Asparagus and lean shredded pork stir-fried to deliver high fiber, vitamins, and gentle diuretic benefits*
	Mixed Vegetable Fried Rice 什錦菜饭 **Fragrant fried rice infused with a medley of seasonal vegetables to enhance digestion and provides a colorful array of nutrients*	**Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week A

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Wednesday **星期三**	**Ginkgo Pork Tripe Soup** 健脾补肺白果莲子猪肚汤 **A deeply nourishing soup to strengthen the spleen and lungs, improve digestion, and support postpartum recovery* **Braised Chicken Mid-Joints with Potatoes** 马铃薯焖鸡中翅 **Mid-joint chicken wings gently braised with potatoes until tender which is rich in protein and warmth* **Stir-Fried Kailan with Sliced Snakehead Fish** 芥兰鱼片 **A protein-rich, healing fish prized for tissue repair and postpartum nourishment* **Fragrant Rice Berry** 紫米饭 **Nutty, aromatic purple rice to improve gut function* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Gastrodia with Threadfin Fish Soup** 明目补脑天麻鱼汤 **A light yet nourishing soup featuring to calm the nerves, improve circulation, and support brain health and vision* **Rosemary Pork Chop with Red Wine Glaze** 红酒醋迷迭香佐猪扒 Fusion **Pan-seared pork chop marinated with rosemary and finished with a delicate red wine vinegar glaze to enhance appetite* **Stir-Fried Sweet Corn with Lotus Root & Snow Pea** 莲藕豌豆片炒玉米粒 **A colorful medley of lotus root, snow peas, and corn which is rich in fiber and antioxidants to aid digestion* **Homestyle Stir-fried Vermicelli** 家常炒米粉 **Lightly stir-fried rice vermicelli which is easy on digestion, comforting, and energizing* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week A

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Thursday **星期四**	**Revitalizing Eucommia Bark Chicken Soup** 活血补肾杜仲鸡汤 **A deeply restorative herbal broth to support kidney function, invigorates blood flow, and aids in postpartum recovery*	**Creamy Mushroom & Sweet Corn with Sliced Fish Soup** 奶油鲑鱼蘑菇玉米浓汤 Fusion **A velvety fusion soup in a light cream broth. Rich in omega-3s and antioxidants to support tissue repair and brain function*
	Pig's Trotter in Ginger & Vinegar 猪脚姜醋 **A warming traditional delicacy slowly cooked in black vinegar and ginger. Rich in collagen and calcium to support postpartum recovery*	**Western Red Wine Tomato Braised Chicken** 西式红酒番茄炖鸡 Fusion **A hearty European-style dish that boosts blood circulation, iron absorption, and deep nourishment*
	Stir-Fried Amaranth with Anchovies 苋菜炒银鱼 **Fresh Amaranth stir-fried with baby anchovies for an iron-rich, calcium-packed side to support overall vitality*	**Italian Roasted Broccoli with Mushrooms** 意式蘑菇烤西兰花 Fusion **Roasted broccoli and mushrooms high in fiber, vitamins C & K, and supports detoxification and immune resilience*
	Longan & Goji Fried Rice 桂圆枸杞炒饭 **Wok-fried rice infused with longan and goji berries*	**Sesame Snow Lotus Seed Rice** 芝麻雪莲子饭 **Fragrant rice infused with sesame and snow lotus seeds*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week A

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Friday **星期五**	**Detoxifying Cordyceps Pork Rib Soup** 抗菌解毒虫草排骨汤 **A nourishing herbal soup featuring pork ribs and cordyceps flowers to support immune defense, clear toxins, and strengthen the lungs*	**Ten Herbal Chicken Soup** 温补气血十全鸡汤 **A deeply nourishing broth made with ten traditional Chinese herbs and tender chicken which helps replenish qi, invigorate blood, and strengthen postnatal recovery*
	“Hong Zao” (Red Glutinous Rice) Chicken 降脂红糟鸡 **Tender chicken marinated in fermented red glutinous rice lees, which is traditionally used to invigorate blood, reduce cholesterol, and support liver function*	**Braised Pork Ball in Brown Sauce** 红烧狮子头 **Classic hand-rolled pork meatballs gently braised in savory brown sauce supportive for tissue repair and warmth*
	Stir-Fried French Beans with Sliced Pork 四季豆炒肉片 **Fresh, crisp French beans stir-fried with lean pork slices that promotes satiety, and supports iron absorption*	**Stir-Fried Romaine Lettuce with Bean Curd Sheets** 百页豆腐炒油麦菜 **Light and satisfying, this dish nourishes the liver and aids gentle digestion*
	Stir-Fried Yee Noodles 炒伊面 **Classic Cantonese-style egg noodles lightly stir-fried for a comforting, energizing grain base*	**Sesame & Baby Anchovies Rice** 银鱼芝麻拌饭 **A calcium- and protein-rich dish combining baby anchovies and toasted sesame with fluffy white rice*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week A

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Saturday 星期六	**Relaxing Daylily Chicken Soup** 安神降压金针花鸡汤 **A calming chicken broth brewed with golden daylily flowers which helps soothe the nerves, reduce blood pressure, and ease emotional tension* **Irish Braised Pork Stew** 爱尔兰炖肉 Fusion **A hearty stew of slow-braised pork perfect for warming the body and restoring energy* **Stir-Fried Kai Lan with Enoki Mushrooms** 金针菇炒芥兰 **Crisp Chinese broccoli wok-tossed with delicate enoki mushrooms which enhances immunity with fiber and antioxidants* **Buttery Sweet Corn Rice** 奶香玉米饭 **Fragrant rice blended with sweet corn and creamy essence* **Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Papaya Peanut Pork Trotter Milk-Boosting Soup** 祛湿通乳木瓜花生猪脚汤 **A traditional postnatal tonic brewed which supports milk production, nourishes the skin, and helps dispel dampness from the body* **Steamed Chicken Thigh with D.O.M Wine** 法式朗酒蒸鸡腿 Fusion **Juicy chicken thigh steamed with D.O.M herbal wine to promote blood circulation and restore warmth* **Baked Cauliflower & Potato** 奶香花椰烩马铃薯 Fusion **Creamy cauliflower and potatoes gently baked and simmered for a comforting, fiber-rich side that supports digestion* **Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals* **Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche
ALWAYS RICH IN NOURISHMENT

Week A

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Sunday **星期日**	**Lily Bulb & Lotus Seed Pork Rib Soup** 润肺安神百合莲子排骨汤 **A gentle, calming known to moisten the lungs, calm the spirit, and nourish yin energy* **Braised Chicken with Chestnut & Yellow Wine** 栗子黄酒烧鸡 **Tender chicken braised with sweet chestnuts and warming yellow wine to strengthen the spleen, and promote postpartum circulation* **Braised Mixed Tofu** 红烧什锦豆腐 **A comforting medley of soft tofu, seasonal vegetables, and mushrooms in a savory soy-based glaze which provides plant protein* **Fragrant Rice Berry** 紫米饭 **Nutty, aromatic purple rice to improve gut function* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Beancurd Skin, Tomato, Tofu & Seabass Soup** 腐竹番茄豆腐鲈鱼汤 **A nourishing and light soup to support digestion, boosts immunity, and replenishes fluids* **Stir-Fried Pork & King Oyster Mushrooms with Sesame Oil** 麻油炒双宝 **Fragrant sesame oil brings out the rich flavors of pork slices and king oyster mushrooms* **Stir-Fried Shanghai Greens with Fish Fillet** 上海青炒鱼片 **Bright green Shanghai bok choy stir-fried with tender fish slices which are rich in fiber and lean protein* **Goji & Sweet Potato Rice** 枸杞红薯饭 **A naturally sweet and warming rice blend of red yam and antioxidant-rich goji berries* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



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Week B

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
MONDAY 星期一	**Lotus Root, Peanut with Chicken Soup** 去湿抗疲莲藕花生鸡汤 **A nourishing soup which helps reduce dampness, relieve fatigue, and tonify qi*	**Nourishing Six-Ingredient Fish Soup** 养阴生津六味鱼汤 **A delicate herbal fish broth brewed with six traditional Chinese ingredients, designed to nourish yin and enhance postnatal recovery*
	Italian-Style Baked Sea Bass with Potatoes 意式马铃薯烤鲈鱼 Fusion **Oven-baked Sea bass seasoned with Mediterranean herbs. Rich in protein and omega-3s to boost immunity and restore energy*	**Herbal Paper-Wrapped Chicken** 药材纸包鸡 **Juicy chicken infused with warming Chinese herbs and wrapped in parchment to lock in moisture and flavor which replenishes energy*
	Tomato-Braised Zucchini & Baby Corn with Minced Pork 茄汁节瓜玉米肉碎 Fusion **Lightly braised zucchini and baby corn in a tangy tomato sauce with savory minced pork*	**Stir-Fried Red Amaranth with Mushrooms** 蘑菇炒红苋菜 **Fresh red amaranth stir-fried with earthy mushrooms which high in iron and fiber for postpartum nourishment*
	Sweet Potato & Goji Grain Bowl 枸杞红薯养生饭 **Fragrant rice with naturally sweet red yam and nourishing goji berries*	**Tri-Color Quinoa Rice** 三色藜麦饭 **A wholesome grain bowl that brings warmth, energy, and gentle nourishment*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week B

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Tuesday 星期二	**Lion's Mane Mushroom with Pork Rib Soup** 降脂保肝猴头菇排骨汤 **A nourishing known to support liver health, lower cholesterol, and promote gut wellness*	**Japanese-Style Onion Chicken Soup** 日式洋葱鸡汤 Fusion **A light, comforting soup made with tender chicken to support digestion, warms the body, and gently boosts immune function*
	Taiwanese Three-Cup Chicken 台式塔香三杯鸡 Fusion **A classic dish made with chicken which strengthen yang energy, warms the body, and delights the senses*	**Japanese-Style Teriyaki Pork Chop** 日式照烧猪扒 Fusion **Pan-seared pork chop glazed with a house-made teriyaki sauce which rich in protein and savory-sweet flavor to nourish energy*
	Braised Choy Sum with Minced Pork 肉酱烩港菜心苗 **Tender choy sum braised with savory minced pork aid postpartum digestion and nourishment*	**Stir-Fried Sweet Peas with Chinese Yam & Black Fungus** 山药木耳炒甜豆 Fusion **Vibrant sweet peas stir-fried with nutrient-dense Chinese yam and black fungus to add fiber-rich crunch*
	Mixed Vegetable Fried Rice 什錦菜饭 **Fragrant fried rice infused with a medley of seasonal vegetables to enhance digestion and provides a colorful array of nutrients*	**Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week B

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Wednesday 星期三	**Anti-Aging Chinese Yam & Longan Snow Fungus Black Chicken Soup** 健身抗老淮山桂圆雪耳乌鸡汤 **A deeply nourishing tonic which supports kidney health, improves skin elasticity and enhances immunity*	**Polygonum with Pork Rib Soup** 强筋骨首乌排骨汤 **A deeply nourishing soup made with Polygonum multiflorum (He Shou Wu) helps strengthen tendons and bones and replenish blood*
	Miso Lemon Grilled Salmon 黄柠味噌烤鲑鱼 Fusion **Succulent salmon fillet marinated in citrusy lemon and umami-rich miso, then gently grilled to support postpartum repair*	**Stir-Fried Chicken Fillet with Capsicum & Cashew** 彩椒腰果炒鸡柳 **A colorful, protein-rich dish that invigorates energy and boosts mood with essential minerals and vitamins*
	Stir-Fried Red Amaranth with Shredded Pork 红苋菜炒肉丝 **Iron-rich red amaranth quickly stir-fried with tender pork slivers*	**Stir-Fried Shanghai Greens with Assorted Mushrooms** 上海青炒什锦菇 **A wholesome medley of tender Shanghai greens and assorted mushrooms which are rich in antioxidants and fiber*
	Fragrant Rice Berry 紫米饭 **Nutty, aromatic purple rice to improve gut function*	**Homestyle Stir-fried Vermicelli** 家常炒米粉 **Lightly stir-fried rice vermicelli which is easy on digestion, comforting, and energizing*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week B

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Thursday **星期四**	**Blood-Cleansing Kelp & Soybean Pork Rib Soup** 清血去脂海带黄豆排骨汤 **A cleansing soup which helps reduce internal heat, improve circulation, and clear excess lipids from the blood*	**Chestnut, Chinese Yam & Corn Chicken Soup** 增强免疫力栗子淮山玉米鸡汤 **A hearty, sweet-savory soup which helps tonify the spleen, strengthen immunity, and replenish qi for overall wellness*
	Rice Wine Chicken with Red Dates & Goji 红枣枸杞米酒鸡 **A nourishing chicken dish braised in fragrant rice wine with red dates and goji berries to warm the womb and enhance recovery after childbirth*	**Pig's Trotter in Ginger & Vinegar** 猪脚姜醋 **A warming traditional delicacy slowly cooked in black vinegar and ginger. Rich in collagen and calcium to support postpartum recovery*
	Stir-Fried Spinach with Anchovies 银鱼炒菠菜 **Iron-rich spinach stir-fried with calcium-packed baby anchovies which replenish vital nutrients in a flavorful combination*	**Stir-Fried Baby Kai Lan with Anchovies** 江鱼仔炒泰国小芥 **Tender Thai baby kailan quickly stir-fried with crispy anchovies which supports bone strength and enhances digestion*
	Longan & Goji Fried Rice 桂圆枸杞炒饭 **Wok-fried rice infused with longan and goji berries*	**Sesame Snow Lotus Seed Rice** 芝麻雪莲子饭 **Fragrant rice infused with sesame and snow lotus seeds*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week B

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Friday 星期五	**Creamy Pumpkin Mushroom Minced Pork Soup** 蘑菇奶油南瓜浓汤 Fusion **A velvety blend of pumpkin, fresh mushrooms, and tender minced pork, which comforts the digestive system, and warming for postpartum care*	**“Si Shen” Herbal with Pork Rib Soup** 补脾养胃四神排骨汤 **A deeply nourishing soup featuring four traditional which simmered with pork ribs to strengthen the spleen, aid digestion*
	Grilled Chicken with Italian Herbs 意式香草烤鸡翅腿 Fusion **Oven-grilled chicken wings and drumsticks infused with rosemary, oregano, and thyme which supports tissue repair*	**Stir-Fried Turmeric Sliced Pork** 姜黄肉片 **Thinly sliced pork wok-fried with anti-inflammatory turmeric which boosts immunity, aids circulation, and supports postnatal recovery with warming properties*
	Creamy Stew Vegetables 奶油炖菜 Fusion **A nourishing medley of seasonal vegetables gently stewed in a light cream sauce and perfect for grounding the body after birth*	**Braised Choy Sum with Shiitake Mushrooms** 港菜心扒香菇 **Vibrant choy sum braised with earthy shiitake which supports liver function and strengthens qi*
	Stir-Fried Yee Noodles 炒伊面 **Classic Cantonese-style egg noodles lightly stir-fried for a comforting, energizing grain base*	**Sesame & Baby Anchovies Rice** 银鱼芝麻拌饭 **A calcium- and protein-rich dish combining baby anchovies and toasted sesame with fluffy white rice*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week B

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Saturday 星期六	**Black Chicken with Tea Tree Mushroom Soup** 抗老美颜茶树菇炖乌鸡汤 **A deeply nourishing tonic rich in collagen and antioxidants to support skin vitality, delays aging, and strengthens immunity*	**Energizing Peanut, Black-Eyed Pea & Pig's Trotter Soup** 益气消肿花生眉豆猪脚汤 **A deeply nourishing broth of collagen-rich pig's trotter which strengthens joints, supports lactation, and gently reduces swelling*
	Hong Kong Style Steamed Pork Ribs 港式蒸排骨 **Succulent pork ribs which supports energy restoration and digestion*	**Creamy Black Pepper Chicken with Mushrooms** 奶香黑椒蘑菇炒鸡丁 Fusion **A comforting and protein-rich dish that builds strength and supports recovery*
	Chayote with Sliced Snakehead Fish 佛手瓜炒鱼片 **Tender snakehead fish stir-fried with crisp chayote which supports wound healing, ideal for postnatal recovery*	**Vegetarian Buddha's Delight** 椰花罗汉斋 **A vibrant medley of seasonal vegetables, simmered in a light savory broth which promotes detoxification and brings harmony to the body*
	Buttery Sweet Corn Rice 奶香玉米饭 **Fragrant rice blended with sweet corn and creamy essence*	**Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week B

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Sunday **星期日**	**Night Blooming Cereus with Snakehead Fish Soup** 润肺霸王花生鱼汤 **A gentle, nourishing soup brewed with night-blooming cereus known to moisten the lungs, ease dry throat, and aid tissue recovery*	**Blood-Enriching Szechuan Lovage Root & Black Date Chicken Soup** 补血活血当归川芎黑枣鸡汤 **A warming herbal broth to enhance blood circulation, replenishes vital essence, and supports postnatal recovery*
	Fuzhou Yellow Wine Chicken 福州黄酒鸡 **Warming and invigorating chicken braised in traditional Fuzhou yellow wine with ginger which promotes blood circulation and dispels cold*	**Steamed Grouper with Sliced Ginger & Sesame Oil** 麻油姜丝蒸石斑鱼 **Fresh grouper fillet delicately steamed with ginger and drizzled in fragrant sesame oil which offers a comforting postpartum staple*
	Stir-Fried Snow Peas with King Oyster & Shimeji Mushrooms 荷兰豆炒鲜菇 **Bright snow peas stir-fried with king oyster and shimeji mushrooms which supports immunity and digestion*	**Braised Tofu with Zucchini & Pork Slices** 节瓜肉片烧豆腐 **Silken tofu braised with juicy pork slices and mild zucchini which helps reduce heat, ease digestion, and support hydration and tissue repair*
	Fragrant Rice Berry 紫米饭 **Nutty, aromatic purple rice to improve gut function*	**Goji & Sweet Potato Rice** 枸杞红薯饭 **A naturally sweet and warming rice blend of red yam and antioxidant-rich goji berries*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week C

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
MONDAY 星期一	**Appetite-Boosting Chayote, Chestnut & Corn Chicken Soup** 健脾开胃佛手瓜栗子玉米鸡汤 **A light, nourishing broth featuring chayote gently boosts appetite, strengthens the spleen, and supports digestion* **Hungarian Braised Pork** 匈牙利炖猪肉 Fusion **Fusion-style tender pork stew infused with paprika and aromatic herbs perfect for rebuilding energy and comforting the body* **Stir-Fried Twin-Color Cauliflower** 什锦双色椰花 **A vibrant medley of cauliflower stir-fried to preserve crunch and nutrients which aids detoxification and gut health* **Sweet Potato & Goji Grain Bowl** 枸杞红薯养生饭 **Fragrant rice with naturally sweet red yam and nourishing goji berries* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Slimming Lemongrass Tomato Fish Fillet Soup** 瘦身香茅番茄鱼片汤 Fusion **A light, aromatic soup which helps detoxify, improve metabolism, and support gentle fat-burning for postnatal recovery* **Baked Pork Patty with Tomato & Cheese** 番茄起司烤猪肉饼 Fusion **Juicy pork patty oven-baked with fresh tomato slices and melted cheese that's satisfying yet gentle on digestion* **Braised Hong Kong Choy Sum with Double Mushrooms** 香港菜心烩双菇 **Vibrant Hong Kong choy sum which full of fiber to support immunity and gut health* **Tri-Color Quinoa Rice** 三色藜麦饭 **A wholesome grain bowl that brings warmth, energy, and gentle nourishment* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week C

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Tuesday 星期二	**Japanese-Style Miso, Bean Curd with Pork Slice Soup** 日式味噌豆腐肉片汤 Fusion **A comforting soup with fermented miso, soft tofu, and tender pork slices that warms the digestive system with umami depth* **Grilled Mackerel with Japanese Sesame Sauce** 日式芝麻酱佐鲭鱼 Fusion **Omega-rich mackerel fillet grilled to perfection and paired with a fragrant sesame sauce which nourishes the brain and heart and supports postpartum recovery* **Japanese-Style Braised Asparagus with Corn** 日式玉米烩芦笋 Fusion **Fresh asparagus and sweet corn gently braised in a light dashi-based sauce which replenishes essential minerals* **Mixed Vegetable Fried Rice** 什錦菜饭 **Fragrant fried rice infused with a medley of seasonal vegetables to enhance digestion and provides a colorful array of nutrients* **Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Qi-Boosting Red Date Chicken Soup** 补气补血红枣鸡汤 ** A deeply nourishing chicken soup simmered with red dates, known for their ability to replenish qi (vital energy) and nourish the blood* **Sliced Pork with Double Mushrooms** 塔香双鲍菇炒肉片 **A hearty and earthy dish that supports immunity, improves protein absorption, and delivers satisfying umami* **Goji Scrambled Egg with Chayote Shoots** 枸杞鸡蛋炒篙菜 **Soft scrambled eggs tossed with goji berries and chayote shoots that nourishes the liver, enhances vision, and gently detoxifies* **Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals* **Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week C

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Wednesday **星期三**	**Blood Pressure & Cholesterol-Lowering Eucommia Bark, Hawthorn Black Chicken Soup** 降压降脂杜仲山楂黑鸡汤 **A deeply nourishing herbal soup known for its ability to regulate blood pressure, reduce cholesterol, and support kidney and liver health* **Grilled Pork Chop with Mushroom Sauce** 香煎猪扒佐蘑菇酱 Fusion **Juicy pork chop pan-grilled and served with a creamy mushroom sauce which supports tissue repair and energy replenishment* **Braised Zucchini with Wide Vermicelli** 双色节瓜烩宽粉 **Light, hydrating, and soothing to the digestive tract which is ideal for cooling internal heat and aiding hydration* **Fragrant Rice Berry** 紫米饭 **Nutty, aromatic purple rice to improve gut function* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Beauty & Anti-Bloating Twin Mushroom Black Bean Pork Rib Soup** 美肌消肿双菇黑豆排骨汤 **A nutrient-dense broth featuring to promote clear skin, reduces water retention, and nourishes blood and kidneys* **Italian Sweet & Sour Fish Fillet** 意式酸甜酱拌鱼柳 Fusion **Lightly battered fish fillets glazed with a tangy Italian-inspired sweet and sour sauce* **Stir-Fried Spinach with Diced Chicken** 菠菜鸡丁 **Tender spinach tossed with diced chicken which is high in iron and lean protein to support postpartum recovery* **Homestyle Stir-fried Vermicelli** 家常炒米粉 **Lightly stir-fried rice vermicelli which is easy on digestion, comforting, and energizing* **Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week C

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Thursday **星期四**	**Anti-Aging Chinese Yam & Chestnut Pork Rib Soup** 抗老健脾山药栗子排骨汤 **A restorative and warming tonic nourishes the spleen, strengthens the kidneys, and supports graceful aging by enhancing vitality and circulation*	**Nourishing Spinach Fish Soup** 滋润补血菠菜鱼汤 **A delicate soup featuring fresh spinach and tender fish which helps nourish the blood and hydrate the body*
	French-Style Steamed Sea Bass en Papillote 法式纸包鲈鱼 Fusion **A luxurious East-meets-West dish delicately steamed sea bass infused with herbs and aromatics, wrapped in parchment to seal in moisture and flavor*	**Rose Soy Sauce Chicken Drumsticks** 玫瑰豉油鸡腿 Fusion **A fragrant, elegant dish that supports blood circulation and warms the heart*
	Stir-Fried Kai Lan with Shredded Chicken 港芥兰炒鸡丝 **Fresh kailan (Chinese broccoli) stir-fried with tender chicken shreds which supports blood health and muscle recovery*	**Stir-Fried Broccoli with Japanese Beancurd** 西兰花炒日本豆腐 **A gentle stir-fry of antioxidant-rich broccoli and silky Japanese tofu which offers plant-based protein*
	Longan & Goji Fried Rice 桂圆枸杞炒饭 **Wok-fried rice infused with longan and goji berries*	**Sesame Snow Lotus Seed Rice** 芝麻雪莲子饭 **Fragrant rice infused with sesame and snow lotus seeds*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



NouRiche

Week C

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Friday 星期五	**Nourishing Red Date & Solomon's Seal Pig Tripe Soup** 养阴润燥红枣玉竹猪肚汤 **A deeply nourishing that moistens dryness, supports lung and spleen function, and gently warms the digestive system*	**Tomato Borscht Soup with Chicken** 番茄罗宋鸡汤 Fusion **A comforting Eastern-European inspired that rich in antioxidants and supports digestion and immunity*
	Honey-Glazed Roasted Mid Chicken Wings 蜜汁烤鸡中翅 **Juicy mid-joint chicken wings roasted to golden perfection in a light honey glaze which satisfies the palate with its natural sweetness*	**Mushroom Cheese Pork Hamburg Steak** 蘑菇起司猪肉汉堡排 Fusion **A juicy pork patty topped with melted cheese and sautéed mushrooms, great for rebuilding strength postpartum*
	Stir-Fried Romaine Lettuce with Mushrooms 油麦菜炒鲜菇 **Fresh romaine lettuce stir-fried with a medley of mushrooms that aids digestion and gently clears heat*	**Sesame-Dressed French Bean with Beancurd Sheet** 芝麻酱拌四季豆百页 Fusion **Crisp French beans tossed with tender beancurd sheets and nutty sesame dressing which boosts fiber intake*
	Stir-Fried Yee Noodles 炒伊面 **Classic Cantonese-style egg noodles lightly stir-fried for a comforting, energizing grain base*	**Sesame & Baby Anchovies Rice** 银鱼芝麻拌饭 **A calcium- and protein-rich dish combining baby anchovies and toasted sesame with fluffy white rice*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



NouRiche

Week C

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Saturday 星期六	**Anti-Fatigue Lotus Root, Black-Eyed Bean & Mixed Bean Pork Rib Soup** 去湿抗疲劳莲藕眉豆花豆排骨汤 **A nourishing soup which helps expel dampness, reduce fatigue, and support spleen and kidney health*	**Creamy Mushroom & Onion Pork Slice Soup** 蘑菇洋葱肉片浓汤 **A smooth, comforting soup to nourish the lungs and strengthen the spleen while offering a rich umami warmth*
	Herb-Roasted Turbot Fish with Cream Sauce 香烤多宝鱼佐奶油酱 Fusion **Succulent turbot fillet roasted with fragrant herbs and finished with a silky cream sauce for essential fatty acids*	**Braised Chicken with Mediterranean Herbs** 地中海香草炖鸡 Fusion **Slow-braised chicken infused with Mediterranean herbs like rosemary, thyme, and oregan which brings a fusion flair to traditional nourishment*
	Stir-Fried Shanghai Greens with Enoki Mushrooms 上海青炒金针菇 **A fiber-rich and cleansing dish supports digestion and boosts immunity*	**Stir-Fried Red Amaranth with Fish Fillet** 红苋菜炒鱼片 **Silky fish fillet paired with nutrient-dense red amaranth which promotes blood nourishment and liver support with a gentle, earthy flavor*
	Buttery Sweet Corn Rice 奶香玉米饭 **Fragrant rice blended with sweet corn and creamy essence*	**Brown Rice** 糙米饭 **Whole-grain brown rice rich in fiber and minerals*
	Nourishing Burdock Tea 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*	**Nourishing Burdock Tea** 养生牛蒡茶 **A health-boosting herbal tea known for its natural detoxifying and anti-inflammatory properties. Rich in antioxidants, it supports digestion, promotes healthy blood circulation, and helps boost immunity.*



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Week C

REGULAR CONFINEMENT MEAL



	Lunch （午餐）	Dinner （晚餐）
Sunday 星期日	**Immunity-Boosting Astragalus Root with Salmon Soup** 增强免疫力黄芪鲑鱼汤 **A nourishing soup that strengthens immunity, boosts energy, and supports overall vitality*	**Dried Tangerine & Black Date Black Chicken Soup** 健脾理气陈皮黑枣乌鸡汤 **A rich and nourishing black chicken soup which helps to strengthen the spleen, regulate qi, and promote digestive harmony*
	Steamed Chicken with Lotus Seed & Cordyceps Flower 莲子虫草花蒸鸡 **A delicately balanced dish that supports lung function, calms the mind, and replenishes qi and blood*	**Ginger Wine Pork with Black Fungus & Sesame** 姜麻黄酒黑木耳炒肉片 **Wok-fried pork slices tossed with sesame which enhances postnatal recovery*
	Braised Assorted Vegetables with Lotus Root Slices 什锦烩藕片 **A colorful medley of vegetables braised with lotus root slices to promote digestion and nourish the spleen*	**Stir-Fried Kai Lan with Mushrooms** 香菇炒芥兰 **Crisp Chinese broccoli stir-fried with tender shiitake mushrooms which boosts immunity and provides antioxidant benefits*
	Fragrant Rice Berry 紫米饭 **Nutty, aromatic purple rice to improve gut function*	**Goji & Sweet Potato Rice** 枸杞红薯饭 **A naturally sweet and warming rice blend of red yam and antioxidant-rich goji berries*
	Red Date Vitality Tea 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*	**Red Date Vitality Tea** 红枣元气茶 **A warm, mildly sweet tea to replenish energy and support inner balance*



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REGULAR 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 Lilii (Bai He) / 百合

Bulbus Lilii (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) / 准山
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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ALWAYS RICH IN NOURISHMENT

REGULAR CONFINEMENT MEAL



UNDERSTANDING THE VEGETABLES:

Asparagus / 芦笋
Asparagus is a good source of dietary fiber, niacin, phosphorus, protein and iron.

Basil / 萝勒
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 / 笋白笋
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 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.