

Healthy Meal Comparison Chart

	Plan A	Plan B	Plan C
Breakfast: Egg	√	√	
Breakfast: Porridge	√	√	
Lunch: Fish soup or postpartum soup	√		
Lunch: Entrée (protein)	√	√	√
Lunch: Vegetable	√	√	√
Lunch: Rice	√	√	√
Dinner: Entrée (protein)	√	√	√
Dinner: Vegetable	√	√	√
Dinner: Rice	√	√	√
Healing drink	√ (Free)		
Chicken Essence	optional	optional	optional
Price	\$65	\$55	\$45
	\$115 (for two people)	\$75 (for two people)	\$95 (for two people)

www.JingMommy.com 626-217-7539

金品 月子膳食