



Desserts

- Rock Sugar Red Date & White Fungus Soup
- Red Bean Soup with Mini Glutinous Rice Balls
- Barley Soup
- Goji & Brown Sugar Sticky Rice Porridge
- Red Bean & Purple Rice Porridge
- Stewed Pumpkin with Red Dates
- Black Sesame Paste
- Longan & Sweet Potato Soup
- Soybean & Peanut Soup
- Red Bean Soup
- Red Date, Barley & Sticky Rice Porridge
- Taro Soup
- Fermented Glutinous Rice Balls Soup
- Peanut & Barley Soup
- Longan Sticky Rice Porridge
- Red Bean & Barley Soup
- Peanut Soup
- Brown Sugar Sweet Potato Soup



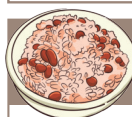
Breakfast Porridges

- Sweet Potato & Brown Rice Porridge
- Shiitake, Celery & Chicken Porridge
- Red Bean & Oatmeal Porridge
- Shiitake, Carrot, Cabbage & Red Brown Rice Porridge
- Carrot, Celery & Beef Porridge
- Millet Porridge
- Shiitake, Taro & Sliced Pork Porridge
- Goji Berry & Brown Rice Porridge
- Nagaimo & Red Brown Rice Porridge
- Shiitake, Celery & Lean Pork Porridge
- Taro & Brown Rice Porridge
- Shiitake, Carrot & Cabbage Porridge



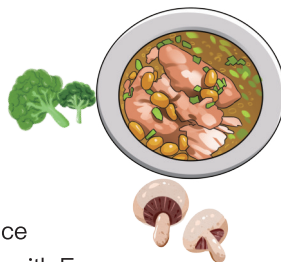
Vegetables

- Ground Beef with Corn Kernels
- Sweet Potato (Yam) Leaves
- Shredded Beef with Green Bell Pepper
- Spinach with Shredded Ginger
- Stir-Fried Cabbage with Dried Shrimp
- Cauliflower with Wood Ear Mushrooms
- Snow Peas with Shrimp
- Bok Choy with Shredded Ginger
- Chicken with Red Bell Pepper & Onion
- Pickled Mustard Greens with Tofu Cubes
- Snow Pea Sprouts with Mushrooms
- Stir-Fried Celery with Fish Cake Slices
- Broccoli with Corn & Baby Corn
- Shredded Potato & Green Pepper
- Garland Chrysanthemum with Shredded Carrot
- Zucchini with Straw Mushrooms
- Chinese Broccoli with Shredded Wood Ear Mushrooms
- Sliced Nagaimo & Carrot
- Bok Choy with Shredded Wood Ear Mushrooms
- Soybean Sprouts with Shredded Shiitake



Rice & Grains

- Mixed Grain Rice
- Brown Rice
- Red & White Rice
- Purple Rice
- Vegetable-Infused Rice
- Sticky Rice with Shiitake
- Salmon & Veggie Mixed Rice
- Sesame Oil Fried Brown Rice with Egg



Breakfast Eggs

- Baked Western-Style Egg Frittata
- Steamed Egg with Sweet Corn
- Shiitake Mushroom Egg Omelette
- Baked Tomato Western-Style Frittata
- Green Pea Egg Omelette
- Steamed Egg with Shiitake Mushrooms
- Thai Basil Egg Omelette
- Baked Creamy Egg Frittata
- Spinach Egg Omelette
- Shredded Carrot Egg Omelette
- Wood Ear Mushroom Egg Omelette
- Sweet Corn Egg Omelette



Healing Drinks

- Red Date & Longan Drink
- Hawthorn & Red Date Drink
- Brown Sugar & Ginger Drink
- Red Date & Goji Berry Drink
- Red Date & Honey Date Drink





Taiwanese Postpartum Soups

Week 1 Detoxification

- Goji Berry Pork Liver Soup
- Red Date Pork Liver Soup
- Amaranth Pork Liver Soup
- Spinach Pork Liver Soup
- Fresh Mushroom Pork Liver Soup



Week 2 Replenishment

- Sesame Oil Kidney with Eucommia
- Vegetarian Kidney-Style Mushrooms with Eucommia
- Pork Lion with Eucommia



Week 3/4 Rejuvenation

- Sesame Oil Chicken
- Goji Berry Sesame Oil Chicken
- Red Date Sesame Oil Chicken
- Herbal Sesame Oil Chicken



Lunch Soups

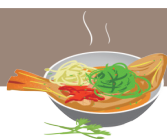
- Classic Borscht Soup
- Miso Fish Soup with Tofu
- Bass Soup with Mixed Mushrooms
- Bass Soup with Red Amaranth & Goji Berries
- Handmade Fish Ball Soup
- Fish Maw & Beef Thick Soup
- Creamy Potato & Mushroom Soup
- Bass Soup with Angelica & Astragalus Root
- Creamy Chicken & Corn Soup
- Bass Soup with Shredded Ginger



Dinner Soups

Week 1 / 2 Mild / Warm Stage

- Chicken Soup with Shiitake & Goji Berries
- Nagaimo Pork Rib Soup
- Soybean & Carrot Beef Soup
- Chicken Soup with Golden Needle & Shiitake Mushrooms
- Apricot Kernel Pork Rib Soup
- Beef Soup with Black Beans & Red Dates
- Chicken Soup with Nagaimo & Wood Ear Mushrooms
- Pork Rib Soup with Shiitake & Bamboo Pith
- Chicken Soup with Fo-Ti & Bamboo Pith
- Pork Rib Soup with Wood Ear Mushrooms



Week 3 / 4 Heat Stage

- Chicken Soup with Reishi & Cordyceps Flowers
- Beef Soup with Nagaimo & Carrot
- Si-Wu Chicken Soup with Goji Berries
- Kelp & Corn Beef Soup
- Shrimp with Angelica, Goji Berries & Chuanxiong
- Si-Quan Pork Rib Soup
- Herbal Beef Soup
- Chicken Soup with Angelica, Codonopsis & Bamboo Pith
- Ba-Zhen Pork Rib Soup
- Chicken Soup with Codonopsis, Red Dates & Bamboo Pith
- Si-Wu Pork Rib Soup



Milk-Enhancing Soup

- Pork Trotter Soup with Black Dates & Peanuts
- Pork Trotter Soup with Black Beans & Red Dates



Entrées

- Fish Maw & Abalone Soup with Tree Mushroom
- Chicken with Asparagus & Cashews
- Bell Pepper Stuffed with Beef
- Creamy White Sauce Meatballs
- Bell Pepper & Apple Beef Rolls
- Braised Lion's Head Meatball with Cabbage
- Steamed Pork Ribs with Kabocha
- Baked Scallops in White Cream Sauce
- Shredded Pork with Dried Tofu
- Steamed Chicken with Goji Berries & Red Dates
- Braised Beef Brisket in Chu Hou Sauce
- Taiwanese Braised Minced Pork
- Shredded Pork with King Oyster Mushrooms
- Steamed Chicken with Sausage & Wood Ear
- Braised Pork Trotter with Bok Choy
- Baked Fish Fillet in White Cream Sauce
- Steamed Taiwanese Cabbage Rolls
- Silky Tofu with Savory Minced Pork
- Braised Tofu with Seasonal Vegetables
- American BBQ Chicken Wings
- Crispy Pork Thick Savory Soup
- Butter-Baked Garlic Shrimp
- Swedish Savory Meatballs
- Pan-Seared Chicken Steak
- Diced Beef with Mushrooms
- Pan-Seared Fish Fillet
- Steamed Taro & Pork Ribs
- Shiitake & Goji Steamed Chicken
- Glazed Teriyaki Meatballs
- French-Style Beef Tenderloin
- Shiitake-Infused Steamed Fish
- Tangy Sweet & Sour Pork Ribs
- Bell Pepper Stuffed with Pork
- Golden Melt Cheese Meatballs
- Non-Spicy Kung Pao Chicken
- Purple Rice Pearl Meatballs
- Stir-Fried Beef with Onion
- Shiitake-Infused Juicy Pork Patty
- Walnut Shrimp
- Braised Beef
- Braised Chicken Leg
- Stir-Fried Squid
- Three-Cup Chicken
- Eight-Treasure Tofu
- Soy Chicken Wings
- Korean BBQ Chicken
- Scallion Pork Wrap
- Braised Pork Belly
- Sticky Rice Pearl Meatballs
- Soy Sauce Chicken
- Beef with Broccoli
- Shrimp & Soft Tofu
- Red Wine Braised Beef
- Oven Grilled Short Ribs
- Caramel Baked Chicken Leg
- Braised Pork Trotter

