

Recovery-Plus Meal Comparison Chart

	Plan A	Plan B	Plan C	Classic Meal	Vita Meal	Low Carb Meal	Daddy Meal
Breakfast: Egg				√		√	
Breakfast: Porridge				√			
Lunch: Fish soup or postpartum soup		√	√	√	√	√	
Lunch: Entrée (protein)	√	√		√	√	√	√
Lunch: Vegetable	√			√	√	√	√
Lunch: Rice	√			√	√		√
Dinner: Traditional Taiwanese postpartum soup				√	√	√	
Dinner: Postpartum soup	√	√	√	√	√	√	
Dinner: Entrée (protein)	√	√		√	√	√	√
Dinner: Vegetable	√			√	√	√	√
Dinner: Rice	√			√	√		√
Dessert				2	1		
Healing drink	√	√	√	√	√		
Chicken Essence	√	√	√	optional	optional	optional	optional
Price	\$70	\$60	\$45	\$85	\$75	\$65	\$25

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金品 月子膳食