

TRME®



Menu Of the Day
WITH 3-3-3-3 EATING PLAN



Chinese Cuisine

中华料理



Sliced Fish Noodle Soup

GRAIN
Mee Pok

VEGETABLE
Chinese Lettuce,
Bitter Gourd & Tomato

PROTEIN
Sliced Fish

FRUIT
Black Plum

Kway Teow Soup with Yong Tau Foo

GRAIN
Kway Teow

VEGETABLE
Spinach & Mushroom

PROTEIN
Tofu Filled with Meat Paste

FRUIT
Pear



Thunder Tea Rice

GRAIN
Steamed Brown Rice

VEGETABLE
Mixed Vegetable

PROTEIN
Tofu

FRUIT
Orange

Use the hand size guide below to determine your food portion size for each meal:



GRAINS

1 measured portion size
of your cupped hand



PROTEINS

1 portion size of your
fist



VEGETABLES

1 heaping portion size of
your open hand



FRUITS

1 heaping portion size of
your open hand

*Picture shown is for illustration purpose only.

Indonesian Cuisine

Masakan Indonesia

Special Stirred Red Rice

GRAIN
Red Rice

VEGETABLE
Mixed Green Salad

PROTEIN
Fried Egg with Olive Oil

FRUIT
Yellow Pear



Ikan Gurame Bakar Jimbaran

GRAIN
Steamed White Rice

VEGETABLE
Sautéed Green Beans

PROTEIN
Grilled Fish

FRUIT
Orange



Ayam Suwir Bali

GRAIN
Shirataki Rice

VEGETABLE
Mixed Green Salad

PROTEIN
Boiled Chicken with Spices

FRUIT
Dragon Fruit



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PROTEINS

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VEGETABLES

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FRUITS

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Thai Cuisine

อาหารไทย



Tuna Sandwich

GRAIN
Whole Wheat Bread

VEGETABLE
Tomato Salad

PROTEIN
Tuna Chunks

FRUIT
Green Apple

Grilled Chicken with Papaya Salad

GRAIN
Steamed Brown Rice

VEGETABLE
Papaya Salad

PROTEIN
Grilled Chicken

FRUIT
Dragon Fruit



Steamed Fish with Brown Rice

GRAIN
Steamed Brown Rice

VEGETABLE
Boiled Broccoli

PROTEIN
Steamed Fish

FRUIT
Pink Guava



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PROTEINS

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fist



VEGETABLES

1 heaping portion size of
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FRUITS

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your open hand

Indian Cuisine

भारतीय क्वजिनि

Chapatti with Chicken Tikka

GRAIN
Chapatti

VEGETABLE
Stir Fried Cabbage
with Carrot

PROTEIN
Chicken Tikka

FRUIT
Apple



Vegetarian Palak Paneer

VEGETABLE
Steamed Basmati Rice

GRAIN
Stir Fried Bean Sprouts

PROTEIN
Palak Paneer

FRUIT
Dragon Fruit

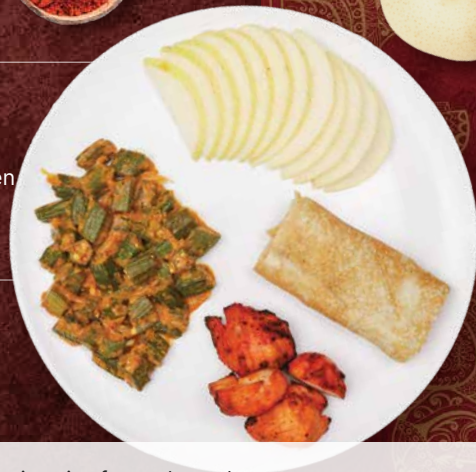
Tosai with Tandoori Chicken

GRAIN
Tosai

VEGETABLE
Bindi Masala

PROTEIN
Tandoori Chicken

FRUIT
Yellow Pear



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VEGETABLES

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FRUITS

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Vietnamese Cuisine

Ẩm Thực Việt

Pho

GRAIN
Rice Noodle

VEGETABLE
Bean Sprouts, Onion,
Basil & Cilantro

PROTEIN
Beef

FRUIT
Apple



Shaking Beef

GRAIN
Steamed Brown Rice

VEGETABLE
Mixed Green Salad

PROTEIN
Sautéed Beef

FRUIT
Pomelo



Shrimp Salad

GRAIN
Steamed Sweet Corn

VEGETABLE
Mixed Green Salad

PROTEIN
Steamed Shrimp

FRUIT
Guava



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FRUITS

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Filipino Cuisine

Pagkaing Pinoy



Tapsilog

GRAIN
Steamed White Rice

VEGETABLE
Mixed Vegetable Salad

PROTEIN
Beef Tapa & Egg

FRUIT
Strawberry



Tinolang Manok

GRAIN
Steamed White Rice

VEGETABLE
Mixed Vegetable Salad

PROTEIN
Braised Chicken

FRUIT
Dragon Fruit



Milkfish in Tamarind Broth

GRAIN
Steamed Brown Rice

VEGETABLE
Mixed Vegetable Salad

PROTEIN
Milkfish

FRUIT
Dragon Fruit & Kiwi

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VEGETABLES

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FRUITS

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your open hand

Western Cuisine

Morning Oatmeal Porridge with Chicken Salad

GRAIN
Oats

VEGETABLE
Tomato & Radish Salad

PROTEIN
Grilled Chicken

FRUIT
Mixed Berries

Barbecue Chicken with Corn and Fresh Garden Salad

GRAIN
Corn on the Cob

VEGETABLE
Fresh Garden Salad

PROTEIN
Barbecue Chicken

FRUIT
Grapefruit

Grilled Salmon with Mixed Vegetables and Mashed Potatoes

GRAIN
Mashed Potatoes

VEGETABLE
Mixed Vegetables

PROTEIN
Grilled Salmon

FRUIT
Gold Kiwifruit

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VEGETABLES

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FRUITS

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