

**Extreme Weight Loss Indonesian Cuisine**  
**Lunch and Dinner Menu**  
**(12 - 16 February 2018)**

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**MONDAY, 12 FEBRUARY 2018**

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**I. LUNCH**

**Menu**

Sup Tekwan  
Ikan Saus Pesmol  
Buah Segar

**DINNER**

**Menu**

Asinan Sayur Bogor  
Daging Sapi Saus Manis  
Buah Segar

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**TUESDAY, 13 FEBRUARY 2018**

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**II. LUNCH**

**Menu**

Tumis Sawi Putih Cabe Ijo  
Ayam Klaten  
Buah Segar

**DINNER**

**Menu**

Sup Buncis Paprika  
Ikan Panggang Dabu - Dabu  
Buah Segar

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**WEDNESDAY, 14 FEBRUARY 2018**

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**III. LUNCH**

**Menu**

Pecel Madiun  
Rendang Daging  
Buah Segar

**DINNER**

**Menu**

Tumis Kol Wortel  
Bola-Bola Ayam Saus Lada Hitam  
Buah Segar

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**THURSDAY, 15 FEBRUARY 2018**

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**IV. LUNCH**

**Menu**

Sup Tomat Jagung  
Ikan Saus Kencong  
Buah Segar

**DINNER**

**Menu**

Salad Buah Bogor  
Rolade Daging Masak Rica-Rica  
Buah Segar

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**FRIDAY, 16 FEBRUARY 2018**

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**PUBLIC HOLIDAY**