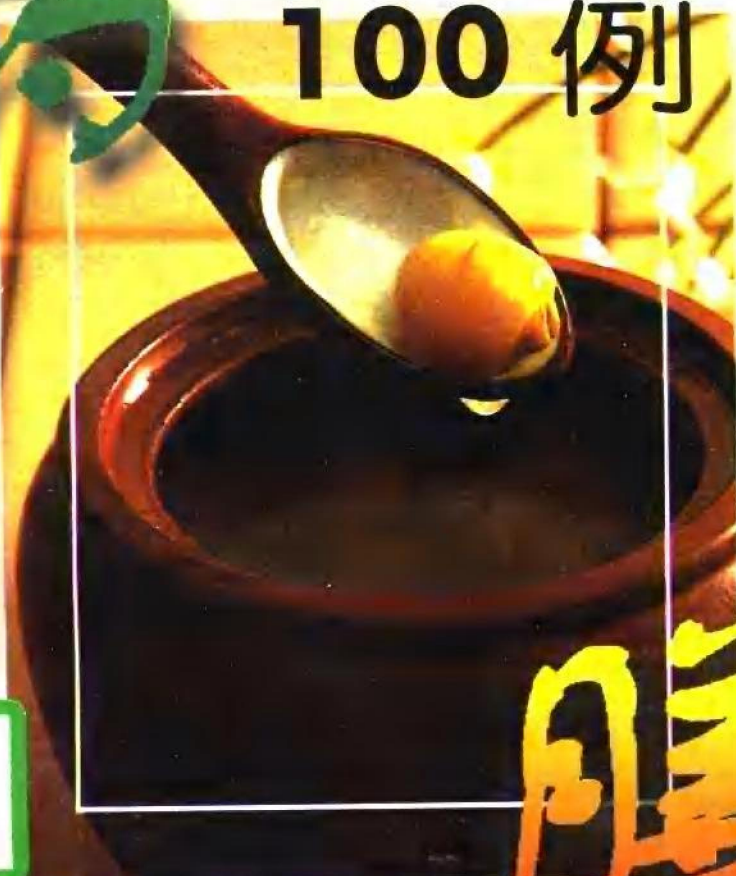


家庭保健药膳100例

袁曾熙 周镇万 主编

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山西科学技术出版社

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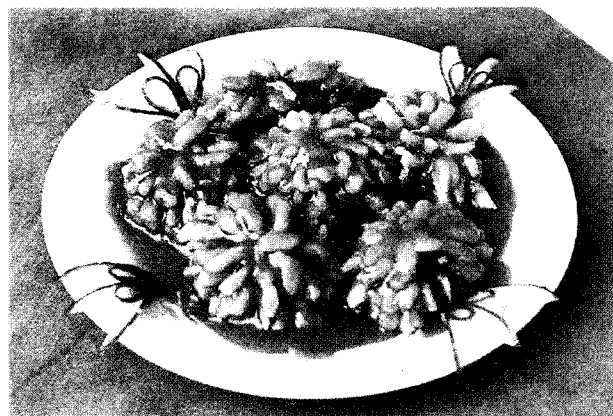
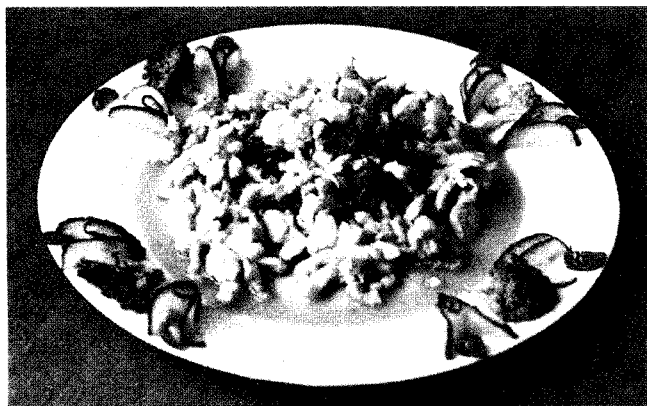
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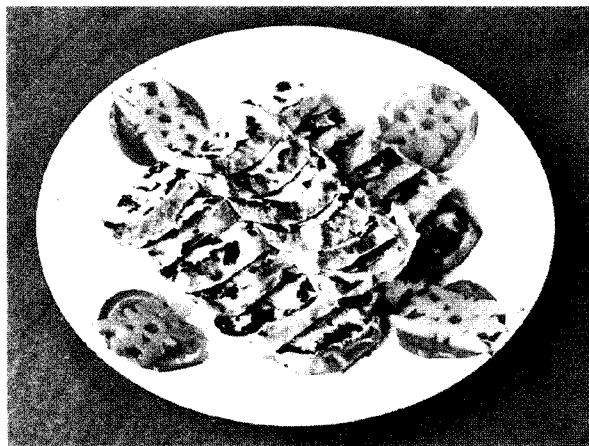
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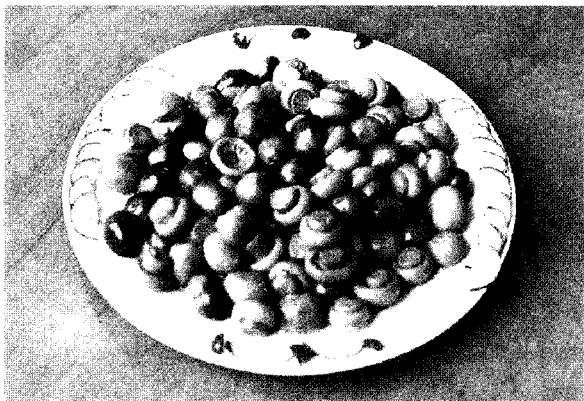
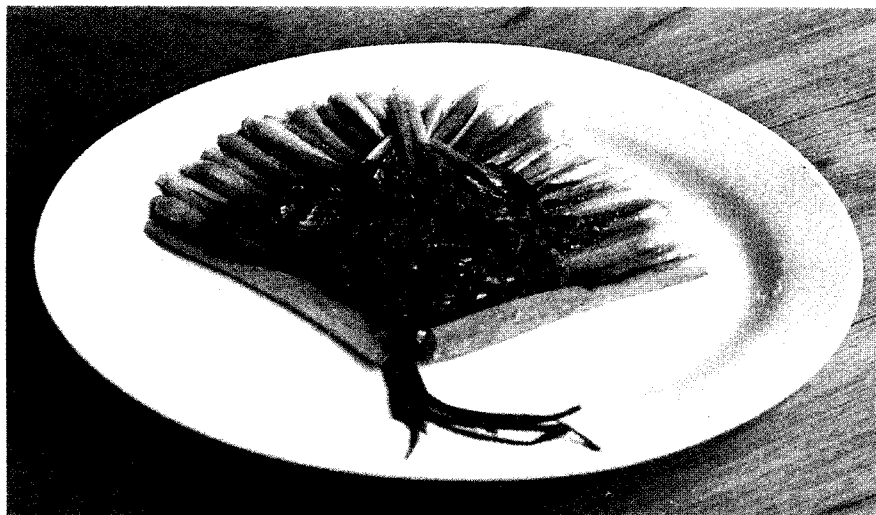
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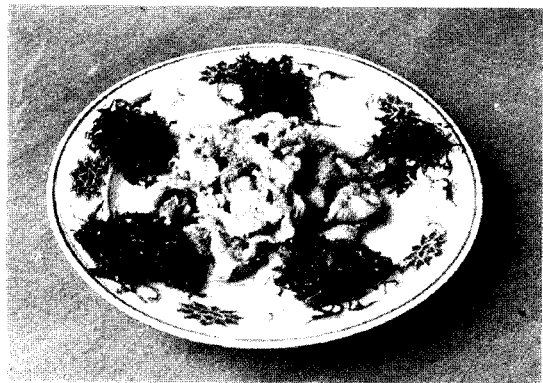
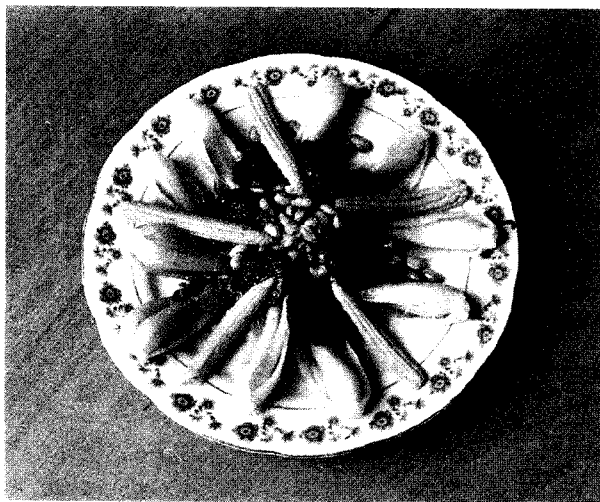
- 1 九月鸡片
- 2 降脂鱼球
- 3 如意蛋卷



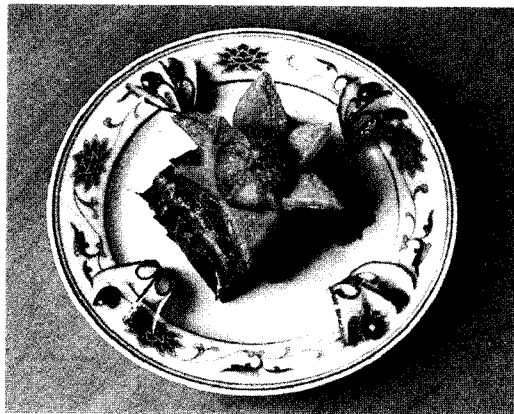


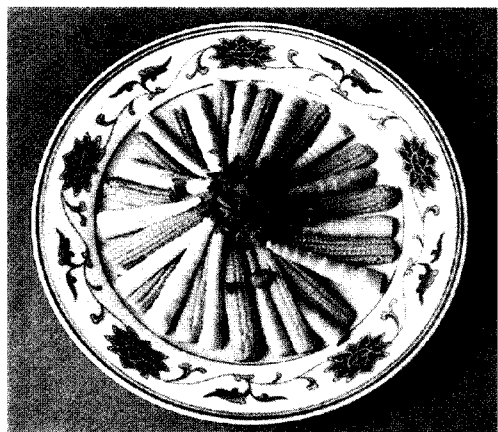
- ④ 扇形素烩
- ⑤ 降脂双菇
- ⑥ 祛风蛇羹





- ⑦ 降脂四宝
- ⑧ 菊花肉片
- ⑨ 荷叶鸡翅

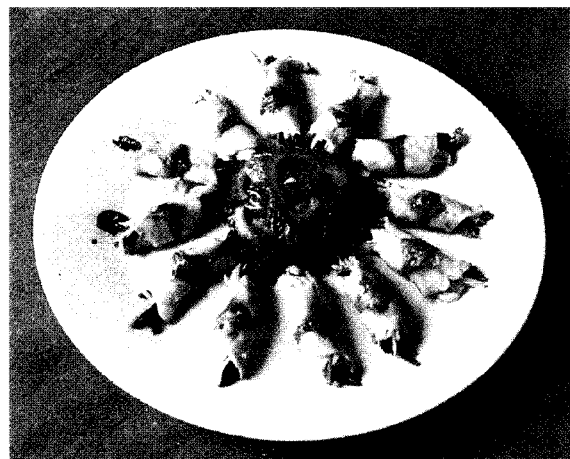
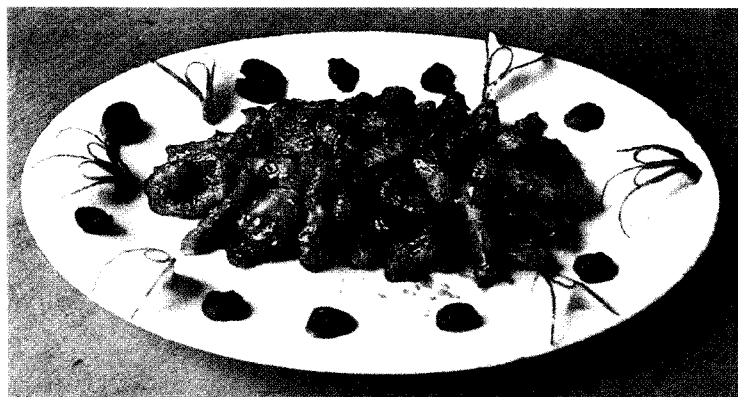




10 散瘀双笋

11 降脂鱼条

12 清热鱼卷

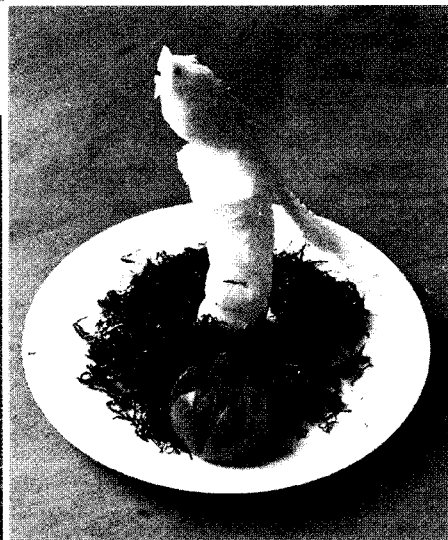
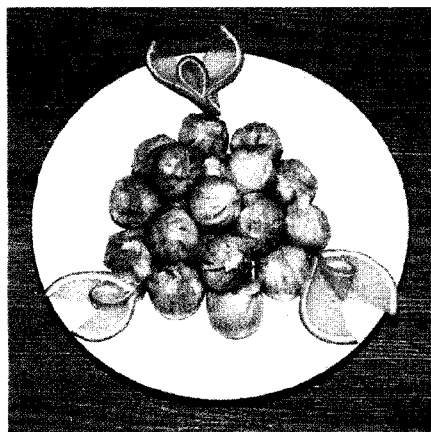
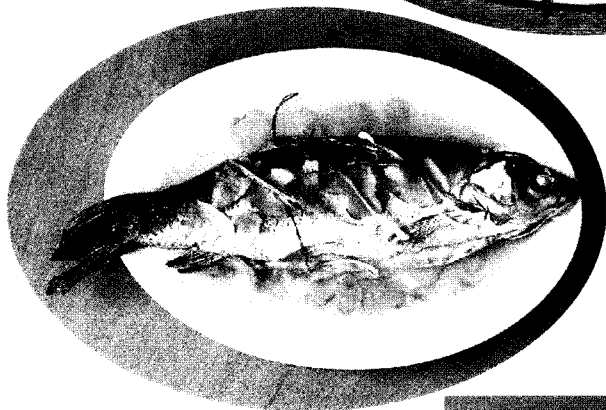
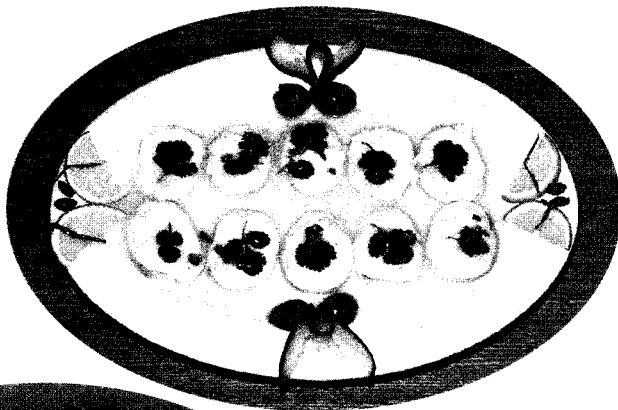


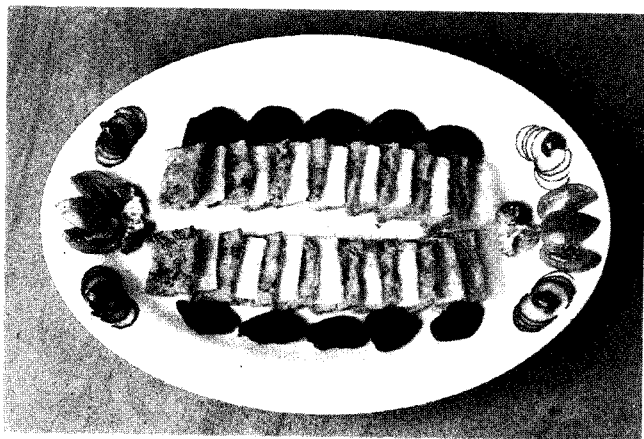
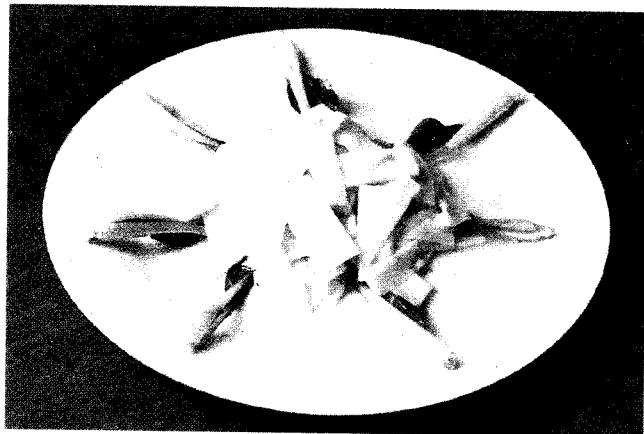
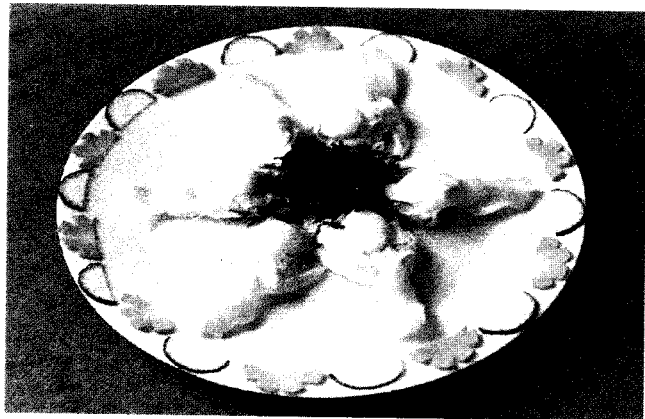
13 天麻鲍鱼

14 天麻蒸鱼

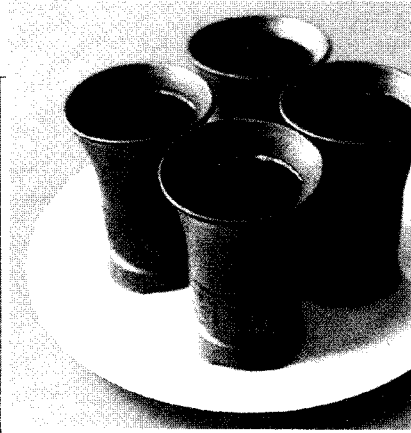
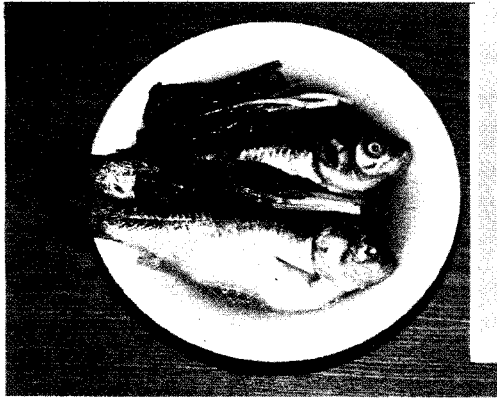
15 平肝小笼包

16 滋阴凤凰





- ①7 养阴明珠
- ①8 清热茭白
- ①9 滋阴冬瓜排

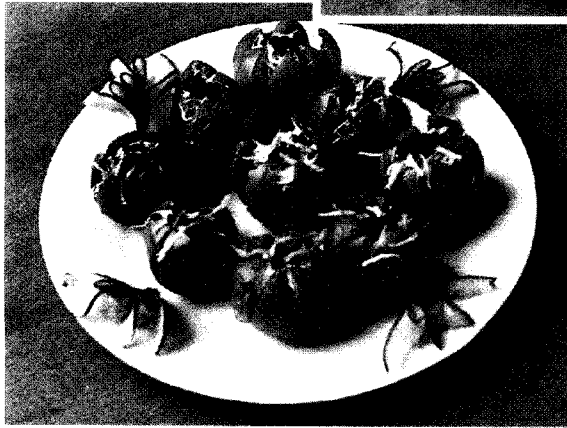
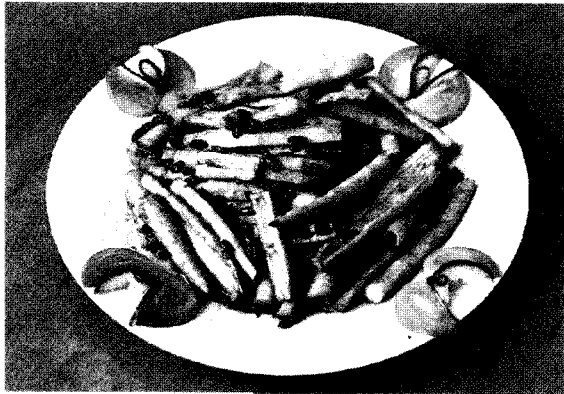


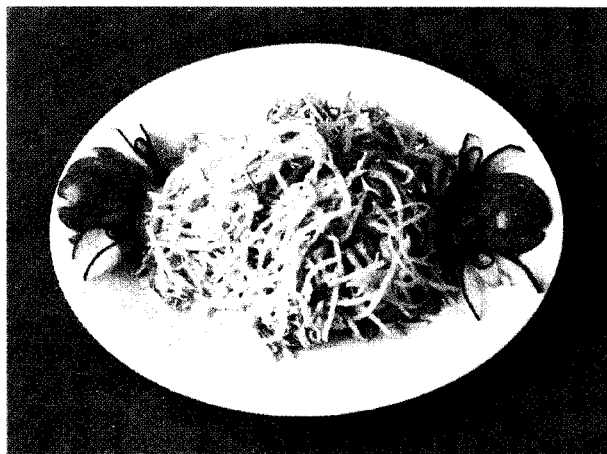
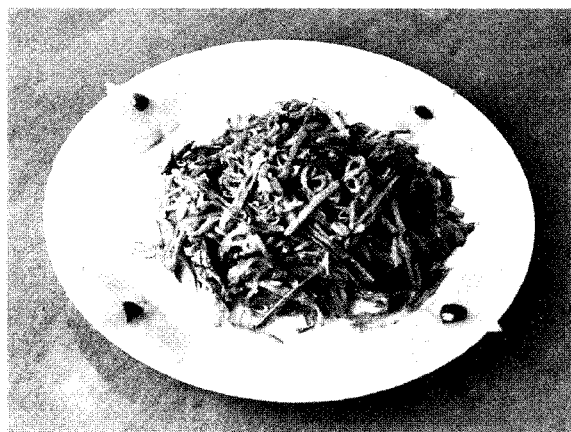
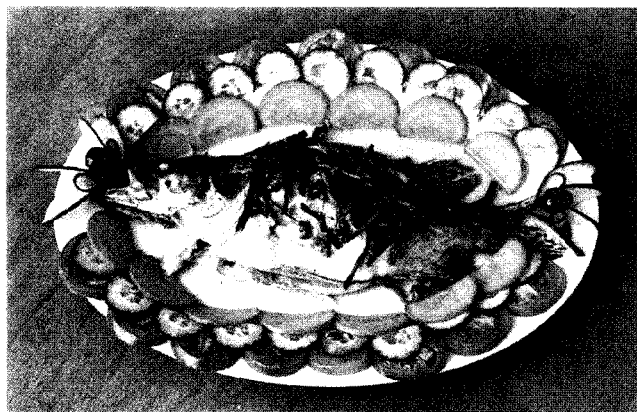
20 降脂减肥茶

21 砂仁鲫鱼汤

22 秋波玉笋

23 一品西红柿



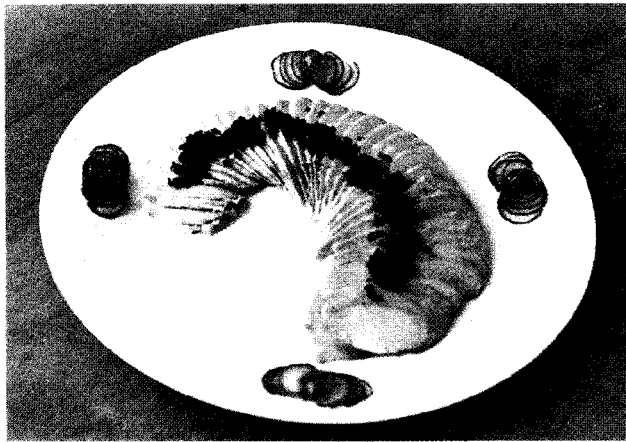


24 枫斗蒸鳊鱼

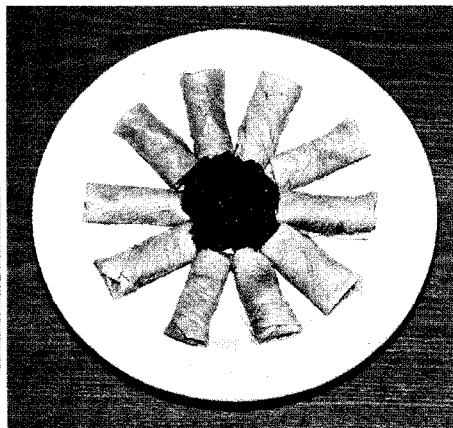
25 健脾扁豆丝

26 香干银芽丝

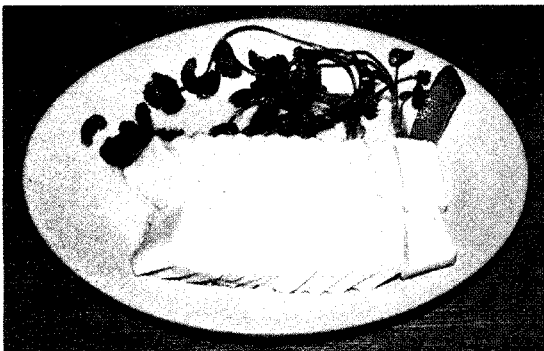
27 养阴白玉



28 健脾双串



30 健脾腐衣卷



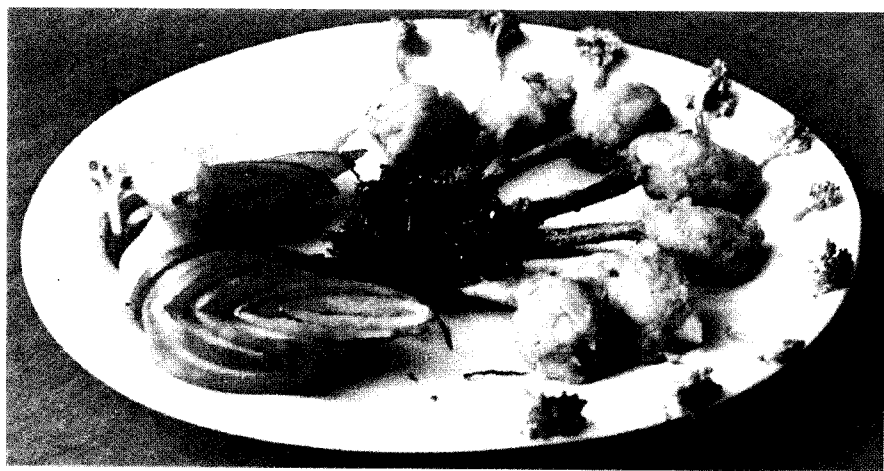
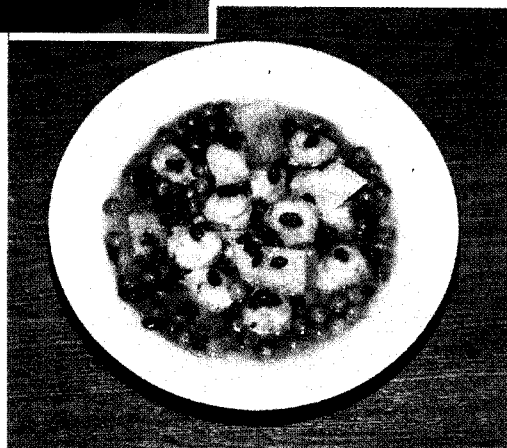
29 理气豆腐

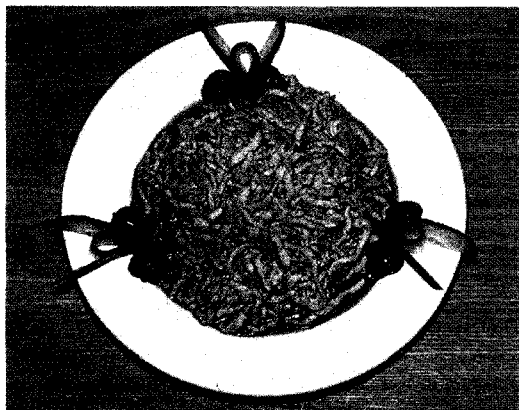


31 苦瓜鱼片

32 健脾鱼丸

33 暖胃鸡翅

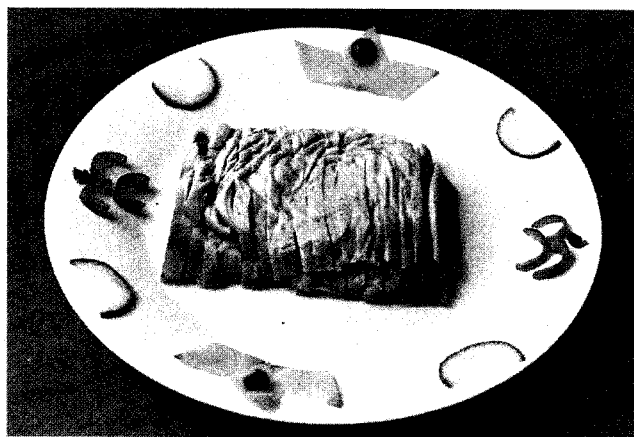
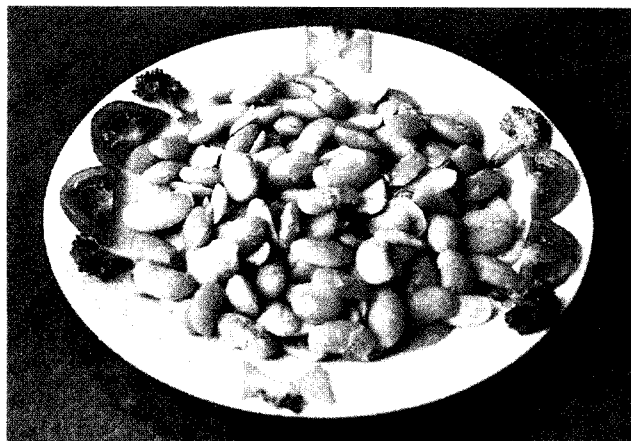




34 祛寒肉丝

35 健脾白扁豆

36 暖胃肚条

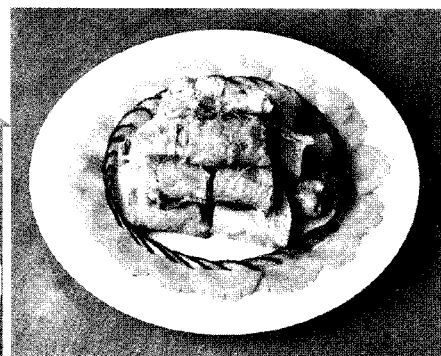
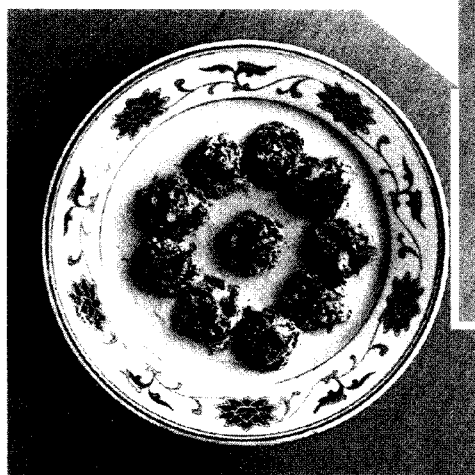
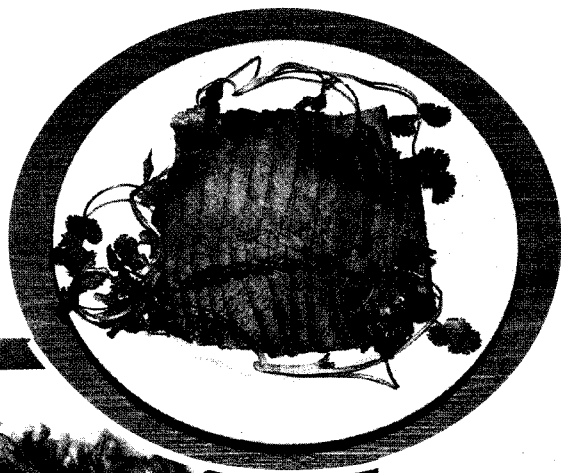


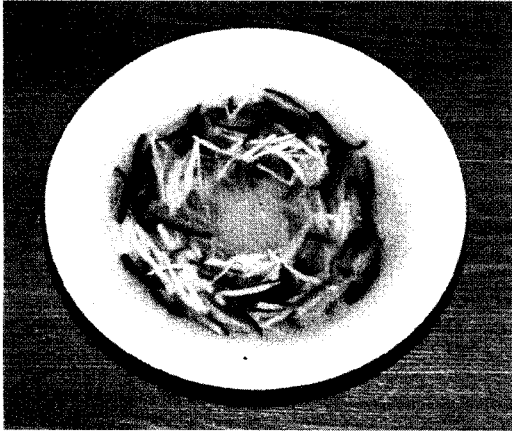
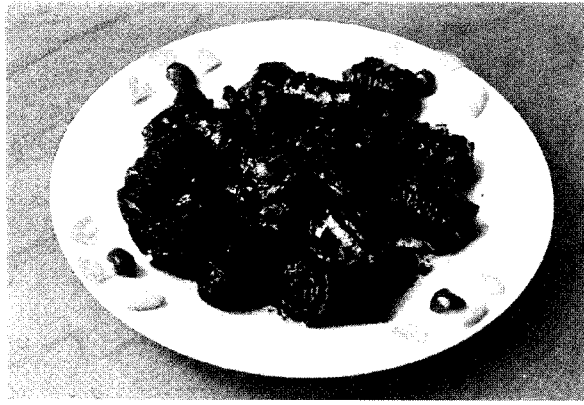
37 健脾牛肉

38 养阴鱼丝

39 健脾响铃

40 生津绣球

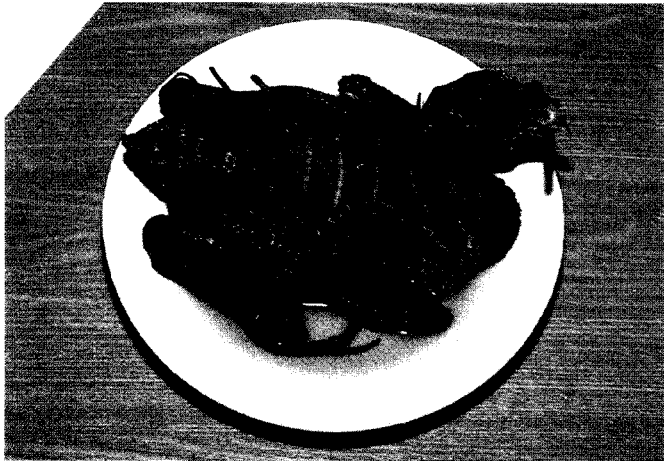


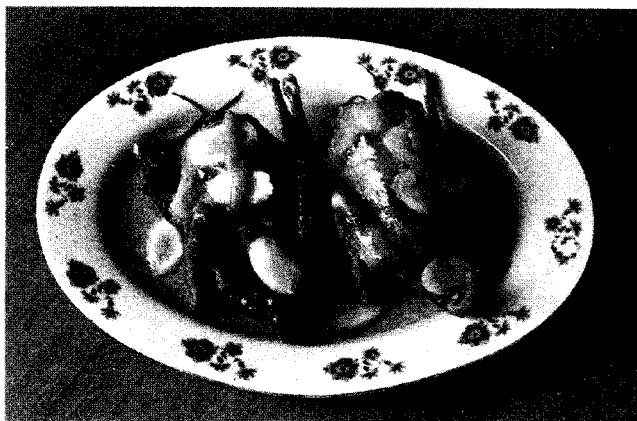
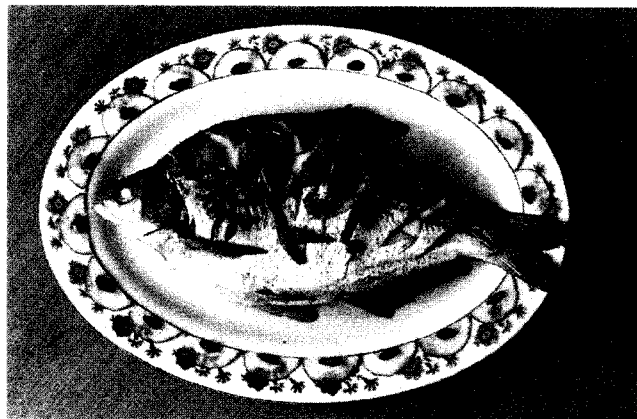


41 补血鳝筒

42 养心三丝汤

43 虫草乌骨鸡

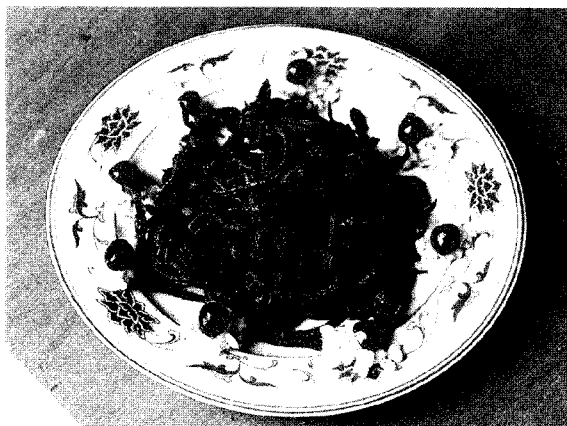




44 枫斗蒸鳊鱼

45 黄芪蒸仔鸡

46 养阴乳鸽



- 47 润肺鸡丝
- 48 益气脆鳝
- 49 生脉鸡粥
- 50 枸杞子粥

