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On Shenzhou VII which blasted off in 2012, there were about 70 types of items. The first breakfast for crew members was assorted fried rice, dried braised *Pleurotus eryngio*s, pickled cabbage and pork, pickled mustard, Char Siu Sauce and milk tea.

2012????????????70????????????????????????????????

The menu for Shenzhou X has expanded to more than 80 types of food, with moon cake and ice cream on the list.

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Shenzhou XI, on the other hand, carries more than 100 types of food and beverages, including spiced beef and shredded pork in garlic sauce, a popular dish in almost every Sichuan cuisine restaurant, and desserts.

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Recipes were designed and arranged in accordance with nutritional requirements in different phases of the mission.

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For example, the astronauts can eat congees if they lack appetite during their first days in space; Chinese food therapy will be adopted in the middle phase in line with the changes in the astronauts' physical conditions; while in the latter stage, food with low dietary fiber along with multivitamins will kick in.

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The recipe will change every five days during their 33-day stay in space. All food can keep for more than one year and are free from preservatives.

?33????????????????????????????????