

Postpartum Meal Menu



\$60 per meal + cost of ingredients

when possible, ingredients will be sourced local and organic

C-Recovery Vegetable Stew - V, GF, SF

Not just for C-recovery! It is very gentle on the digestion so ideal for birth recovery. Made with leeks, carrots, mushrooms, potatoes, tomatoes, green beans, cashews, millet, full-fat coconut milk and warming spices. It's one of my favorites and makes your whole body buzz! Serves 6-8.

Quinoa, Lentils & Greens Soup - V, GF, SF-optional

Made with kale, carrots, onions, cumin, and green lentils. Serves 8.

Creamy Kabocha & Red Lentil Soup - V, GF, SF-optional

A pureed, curry-infused orange soup made with kabocha squash (acorn or butternut subbed if not available) and red lentils. Serves 8.

Seasonal Greens Soup - V, GF, SF

Made with leeks, parsnips, quinoa, and local seasonal greens such as spinach + chard. Serves 6-8.

Nettle Bone Broth - DF, GF, SF

A highly nourishing broth that can be drank as is, or used in other dishes as a base. A couple ounces with meals will aid digestion. Grass-fed animal bones mineralize the body and are rich in essential fatty acids, which nourish the nervous system and assist the gut flora. Nettles are high in iron, which helps build blood and nourish the cells. Serves 6-8.

Chicken, Red Dates & Ginger Soup - DF, GF, SF

Chinese red dates and goji berries are used to boost circulation and enhance inner warmth. Serves 6-8.

Hearty Sausage Stew - DF, GF, SF

A rustic, hearty stew made with sausage (tell me if you have a favorite!), potatoes, mushrooms, and tomatoes. Served over your choice of millet or couscous. Serves 6-8.

extra add-on side meals / \$20 + cost of ingredients

Ginger Fried Rice - VG, DF, GF, SF

A simple but delicious breakfast, lunch, or snack that is easy to eat anywhere with one hand and is light and warming with garlic, ginger, and pasture-raised eggs. Recipe included so you can learn to make it yourself! Serves 2-3.

Savory Congee - V, GF, SF

This savory rice porridge has warming spices like turmeric, coriander, and cumin. Serves 4-6 (plenty to store and use for days).

"Soft, warm, and mushy, requiring minimal effort to digest, congee in its basic form is gentle and nurturing, the perfect food for a woman's body after birthing her child." - Heng Ou, *The First Forty Days*.

Warming Oatmeal - V, GF, SF

Comforting as well as lactation boosting, this oatmeal has cinnamon, cardamom, and nutmeg with orange zest, raisins, and full-fat coconut milk. Serves 2-3.

Lactation Cookies - V, GF, SF

I always include a batch of these cookies with one of your first sessions, but if you like them I can make you more! They include oats, flax, and brewer's yeast to help boost lactation. They freeze well and make a great midnight feeding snack! One batch makes about 10 filling cookies.

V = vegan (no animal products)

VG = vegetarian (eggs and dairy acceptable)

GF = gluten free

DF = dairy free

SF = soy free

Having my own dietary restrictions, I take these labels seriously. Please let me know if you have specific dietary needs and I will work with you to make sure you have food you can eat with a clean conscience.

Recipes sourced from:

The First Forty Days by Heng Ou

The Fourth Trimester by Kimberly Ann Johnson

Shelley Rahim of @newmothercaregiving