



FRESH *in your* FRIDGE

Postpartum Weekly Sample Menu

NOURISHING BROTH (2L)

Broth 1: Warming Beef Bone Broth with Star Anise and Clove

Broth 2: Shitake and Vegetable Broth

HEARTY SOUP (1L)

Chicken Red Date, Ginger, Goji Berry Soup

NOURISHING MEALS (2 PORTIONS EACH)

Meal 1: Golden Temple Soup with Poached Chicken, Broccoli, Snap Peas, and Butternut Squash, served over Rice Noodles. Garnished with fresh cilantro and lime.

Meal 2: Mediterranean Chickpea Falafel Bowl with Quinoa, Roasted Sweet Potato, Zucchini, and Cherry Tomatoes. Served with Lemon Tahini Sauce.

HERBAL INFUSIONS (2L)

Motherwort, Fennel and Lemon
Red Clover and Nettle

SWEET TREATS

Chocolate Chip Lactation Bites with Oats, Flax + Hemp
Carrot Zucchini Walnut Power Muffins

All menu items are gluten free, dairy free, made with organic produce, and without seed oils or refined sugars. Vegan and vegetarian menu items can be made on request.

