

FRESH *in your* FRIDGE

Menu C

- BROTHS**
- Warming Beef Bone Broth with Star Anise and Clove
 - Shiro Miso Vegetable Broth
- SOUP**
- Creamy Cashew Carrot Ginger Soup
- SNACKS**
- Lactation Cookies with Chocolate Chips, Raisins, Pumpkin Seeds, & Almonds
 - Carrot Banana Walnut Muffins sweetened with Dates
- MEALS**
- Nourishing Shiitake Mushroom and Chicken Congee topped with Steamed Bok Choy, Sesame Oil, and Green Onion
 - Mediterranean Chickpea Falafel Bowl with Quinoa, Roasted Sweet Potato, Zucchini, and Cherry Tomatoes. Served with Lemon Tahini Sauce.
- INFUSIONS**
- Nettle & Fennel
 - Hibiscus, Red Clover, & Raspberry Leaf

Menu D (Vegan)

- BROTHS**
- Shiitake Mushroom and Vegetable Broth
 - Shiro Miso Vegetable Broth
- SOUP**
- Quinoa, Lentils, and Greens Soup
- SNACKS**
- Peanut Butter Chocolate Chickpea Blondies
 - Chocolate Chip Lactation Bites with Oats, Flax, and Hemp
- MEALS**
- “Butter” Chickpeas with Green Beans, Carrots, Cauliflower, Potatoes, and Spinach. Served with Steamed Brown Rice.
 - Mediterranean Chickpea Falafel Bowl with Quinoa, Roasted Sweet Potato, Zucchini, and Cherry Tomatoes. Served with Lemon Tahini Sauce.
- INFUSIONS**
- Ginger, Red Date & Goji Berry
 - Holy Basil, Fenugreek, Fennel Seed

