



FRESH *in your* FRIDGE

Postpartum

Weekly Sample Menus

All menu items are gluten free, dairy free, made with organic produce, and without seed oils or refined sugars.

Menu A

- BROTHS**
 - Warming Beef Bone Broth with Star Anise and Clove
 - Comforting Chicken Bone 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**
 - Golden Temple Soup (warming ginger turmeric coconut broth) with Poached Chicken, Broccoli, Snap Peas, and Butternut Squash. Served with Wild Rice. Garnished with Fresh Cilantro and Lime.
 - Roasted Vegetable Grain Bowl with Grilled Steak, Sweet Potatoes, Fennel, Red Onion, Sauteed Kale, and Tri-Colour Quinoa. Served with Chimichurri.
- INFUSIONS**
 - Nettle & Fennel
 - Hibiscus, Red Clover, & Raspberry Leaf

Menu B

- BROTHS**
 - Comforting Chicken Bone Broth
 - Shiitake Mushroom and Vegetable Broth
- SOUP**
 - Quinoa, Lentils, and Greens Soup
- SNACKS**
 - Peanut Butter Chocolate Chickpea Blondies
 - Chocolate Chip Lactation Bites with Oats, Flax, and Hemp
- MEALS**
 - Korean Bulgogi Beef Bowl with Sauteed Vegetables (spinach, carrots, red pepper, cabbage), Kimchi, and Quinoa. Garnished with Green Onion and Sesame Seeds.
 - “Butter” Chickpeas with Green Beans, Carrots, Cauliflower, Potatoes, and Spinach. Served with Steamed Brown Rice.
- INFUSIONS**
 - Ginger, Red Date & Goji Berry
 - Holy Basil, Fenugreek, Fennel Seed

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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

