



Postpartum 4-Week Program

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

	Week 1	Week 2	Week 3	Week 4
BROTHS	<ul style="list-style-type: none"> Warming Beef Bone Broth with Star Anise and Clove Shiro Miso Vegetable Broth 	<ul style="list-style-type: none"> Comforting Chicken Bone Broth Shiitake Mushroom and Vegetable Broth 	<ul style="list-style-type: none"> Warming Beef Bone Broth with Star Anise and Clove Shiro Miso Vegetable Broth 	<ul style="list-style-type: none"> Comforting Chicken Bone Broth Shiitake Mushroom and Vegetable Broth
	SOUP	<ul style="list-style-type: none"> Creamy Cashew Carrot Ginger Soup 	<ul style="list-style-type: none"> Quinoa, Lentils, and Greens Soup 	<ul style="list-style-type: none"> Creamy Cashew Carrot Ginger Soup
MEALS	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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 Forbidden Black Rice 	<ul style="list-style-type: none"> 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. Mediterranean Chickpea Falafel Bowl with Quinoa, Roasted Sweet Potato, Zucchini, and Cherry Tomatoes. Served with Lemon Tahini Sauce. 	<ul style="list-style-type: none"> Roasted Vegetable Grain Bowl with Grilled Steak, Sweet Potatoes, Fennel, Red Onion, Sauteed Kale, and Tri-Colour Quinoa. Served with Chimichurri. “Butter” Chickpeas with Green Beans, Carrots, Cauliflower, Potatoes, and Spinach. Served with Forbidden Black Rice
	INFUSIONS	<ul style="list-style-type: none"> Nettle & Fennel Hibiscus, Red Clover, & Raspberry Leaf 	<ul style="list-style-type: none"> Ginger, Red Date & Goji Berry Holy Basil, Fenugreek, Fennel Seed 	<ul style="list-style-type: none"> Nettle & Fennel Hibiscus, Red Clover, & Raspberry Leaf
SNACKS	<ul style="list-style-type: none"> Lactation Cookies with Chocolate Chips, Raisins, Pumpkin Seeds, & Almonds Carrot Banana Walnut Muffins sweetened with Dates 	<ul style="list-style-type: none"> Chocolate Chip Lactation Bites with Oats, Flax, and Hemp Peanut Butter Chocolate Chickpea Blondies 	<ul style="list-style-type: none"> Lactation Cookies with Chocolate Chips, Raisins, Pumpkin Seeds, & Almonds Carrot Banana Walnut Muffins sweetened with Dates 	<ul style="list-style-type: none"> Chocolate Chip Lactation Bites with Oats, Flax, and Hemp Peanut Butter Chocolate Chickpea Blondies