

Postpartum Meal Service Sample Menu

SOUPS

MADE WITH LIQUID GOLD BONE BROTHS

BUTTERNUT SQUASH SOUP

PASTA FAGIOLI WITH BEEF SOUP

RED REPLENISHING BEET PUREE SOUP

CHICKEN VEGETABLE SOUP

with Ginger and Red Dates

SEASONAL GREENS SOUP

BEEF CHILI

with Hidden Liver

MEALS

FOUR SERVINGS PER MEAL

SHEPARD PIES

with Herbed Mashed Potatoes and Hidden Liver

LASAGNA

with Hidden Liver

ROAST BEEF AND VEGETABLE STEW

CHICKEN GINGER FRIED RICE

with Vegetables

CHICKEN TOMATILLO ENCHILADAS

SWEETS

LACTATION COOKIE DOUGH

(Oatmeal, Chocolate, Coconut YUMMINESS)

LACTATION BROWNIES

YIN GRANOLA

ROSE COCONUT BLISS BALLS

DATE SWEETENED BANANA BREAD

ZUCCHINI BREAD OR MUFFINS

BLUEBERRY MUFFINS

CHOCOLATE NOUGAT BARS

TEAS

RED DATE GOJI BERRY TEA

HIBISCUS, GINGER, CINNAMON TEA

RASPBERRY LEAF INFUSION

SLEEP NECTAR

Chamomile, Lavender Milk

ELDERBERRY ROSE IMMUNITY TEA

MOTHERLOVE TEA

Nettle, Raspberry Leaf, Milky Oats, Holy Basil, Damiana

PARADISE TEA

Lemongrass, Damiana, Blue Lotus



LACTATION BROWNIES



BUTTERNUT SQUASH SOUP



CHICKEN GINGER FRIED RICE