

Postpartum Offerings

S A M P L E D A Y

Red Wine Beef Stew with Root Vegetables and Fresh Herbs

Honey Mustard Chicken

Roasted Red Pepper Walnut Dip

Chewy Date and Dark Chocolate Cookies

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### **S O U P S**

Lemongrass-Ginger Kabocha Squash Soup

Feel Better Chicken and Rice Soup with Sweet Potatoes, Lemon and Ginger

Red Wine Beef Stew

Lemongrass Ginger Beef Stew

Spiced Chicken Soup with Squash and Lime

Old-Fashioned Chicken Soup

Lamb Stew with Apricots and Cashews

Hearty Sausage Stew with Tomatoes and Potatoes

Potato Leek Soup

Moroccan Lentil Stew

Lentil Soup with Smoky Bacon

Coconut Red Lentil Soup

Thai Coconut Curry with Tofu

Ginger Chicken and Red Date Soup

## Kitchari

Pureed Fisherman's Soup with Fennel, Celery and Potatoes

## M E A T

Pot Roast with Red Wine, Carrots, Parsnips, Potatoes

Red Wine Beef Stew with Root Vegetables and Fresh Herbs

Lemongrass Ginger Beef Stew

Basil and Beef Strips

Beef Lasagna with Mushrooms

Pork or Beef Meatballs with Ginger and Fish Sauce

Turkish Lamb Koftas

Curry Grass-Fed Beef or Lamb Burgers

Korean Beef Bowls with Carrots, Ginger, Sesame and Tamari

Mexican Shredded Beef

Grass-fed Beef Meatloaf

Slow Cooker Pulled Pork (goes great with coleslaw and sweet potato fries)

## P O U L T R Y

Honey Mustard Chicken

Whole Roasted Chicken with Za'atar and Lemon

Greek Style Baked Chicken with Lemon, Garlic and Thyme

Cumin Spiced Chicken Soup with Spaghetti Squash and Spinach

Old-Fashioned Chicken Soup with carrots, parsnips and potatoes

Ginger Chicken and Red Date Soup

Arroz con Pollo

Thai Coconut Curry with Chicken or Tofu

## F I S H

Miso-Glazed Salmon with Jasmine Rice

Coconut Crisp Salmon

Coconut Miso Salmon Curry

Cozy Shrimp Scampi

Wild Alaskan Salmon Cakes

## D A A L S & L E N T I L S

Moroccan Lentil Stew with Cinnamon and Apricots

Coconut Red Lentil Soup

Kitchari with Zucchini, Squash, and Cilantro

## F R I T T A T A S & E G G S

Frittata with Stewed Tomatoes, Zucchini, Caramelized Onions, Herbs, Goat Cheese

Frittata with Leeks, Spinach, Goat Cheese

Frittata with Potatoes, Bacon, Cheddar, Thyme

Frittata with Italian Sausage, Onion, Red Peppers

Frittata with Caramelized Onion, Pancetta, Parmesan

Quiche Lorraine

## SALADS

Squash, Feta, & Kale Salad with Pumpkin Seeds  
Moroccan Barley Salad with Chickpeas and Ras el Hanout  
Kale Salad with Baked Chicken and Zesty Vinaigrette  
Roasted Root Veggies with Arugula and Balsamic Dressing  
Tarragon Chicken Salad

## VEGETABLES & GREENS

Roasted Carrots and Pesto  
Ratatouille with Goat Cheese and Pine Nuts  
Roasted Butternut Squash and Brussels Sprouts in AgroDolce  
Lemon Caper Roasted Cauliflower  
Grandma's Eggplant Parmesan with Buffalo Mozzarella  
Garlicky Sauteed Spinach  
Roasted Sweet Potatoes with whipped honey and goat cheese  
Roasted Butternut Squash with cinnamon, cardamom & ghee  
Mashed sweet potatoes with goat cheese

## ROOT VEGETABLES

Creamy Mashed Potatoes with Chives and Cream  
Crispy Sweet Potato Wedges  
Sweet Potato in Chicken Soup

Parsnips, Carrots, and Potatoes in Pot Roast

Carrots in Red Wine Beef Stew

Stewed/Baked Root Fruit Dishes

## G R A I N S

Comforting Mushroom Risotto

Quinoa Risotto with Garlicky Greens

Ginger Fried Rice

Moroccan Barley Salad

Jasmine Rice (with Miso Salmon)

Rice in Chicken Soup

Kitchari with Zucchini and Squash

## S W E E T S

Chewy Date and Dark Chocolate Cookies

Almond Butter Thumbprint Cookies

Vegan Chocolate Cake

Honey Almond Cake

Raw Blondie with Walnuts, Cocoa Nibs and Medjool Dates

High-Protein Energy Balls

Cinnamon Toast Crunch Banana Bread

Superseed Pancakes with sesame and walnuts

Orange Sheet Cake in Honey

Lactation Cookies

Chocolate Pudding with Toasted Pecans

Bran Muffins with Pecans and Raisins

Warm Rice Pudding with Cardamom, Cinnamon & Ghee

Oatmeal Raisin Cookie Clusters

Raspberry Chia Seed Pudding

Date and Nut Truffles with Orange Zest

Chocolate Covered Dates Stuffed with Nut Butter

Coconut Stuffed Dates Dipped in Chocolate

Stewed Iron-Rich Fruits (apricots, dates, figs, goji-berries, blueberries, cherries)

Stewed/Baked Apples with Cinnamon, Cardamom and Ghee

Stewed/Baked Pears with Vanilla, Cardamom, and Cream

Whole Medjool Dates Stuffed with Ricotta and Pine Nuts

## T E A S & D R I N K S

Citrus + Coconut Electrolytes

Warming Bone Broth

Spiced Chai Tea

Nettle or Red Raspberry Infusion