Postpartum Offerings

SAMPLE DAY

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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#### SOUPS

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

#### MEAT

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)

#### POULTRY

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

#### FISH

Miso-Glazed Salmon with Jasmine Rice
Coconut Crisp Salmon
Coconut Miso Salmon Curry
Cozy Shrimp Scampi
Wild Alaskan Salmon Cakes

#### DAALS & LENTILS

Moroccan Lentil Stew with Cinnamon and Apricots
Coconut Red Lentil Soup
Kitchari with Zucchini, Squash, and Cilantro

#### FRITTATAS & EGGS

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

#### ROOT VEGETABLES

Mashed sweet potatoes with goat cheese

Creamy Mashed Potatoes with Chives and Cream
Crispy Sweet Potato Wedges
Classic Mashed Sweet Potatoes

#### GRAINS

Comforting Mushroom Risotto

Quinoa Risotto with Garlicky Greens

Ginger Fried Rice

Moroccan Barley Salad

Coconut Rice

Jasmine Rice (with Miso Salmon)

Rice in Chicken Soup

Kitchari with Zucchini and Squash

#### SWEETS

Chewy Date and Dark Chocolate Cookies

Almond Butter Thumbprint Cookies

Vegan Chocolate Cake with Hazelnuts

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 with Oats and Brewer's Yeast

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

#### TEAS & DRINKS

Citrus + Coconut Electrolytes

Warming Bone Broth

Spiced Chai Tea

Nettle or Red Raspberry Infusion