



Postpartum Menu ideas



BREAKFAST

Choose 3

Oatmeal & Lentils
Oat & Chia Congee
Breakfast Burritos
Egg bites
Pancakes



MAIN DISHES

Choose 3

Peanut Butter Chicken Curry
Beef & Basil with Rice Congee
Ginger fried Rice
Carrot Ginger soup
Lentil Curry
Roast Chicken Dinner



SNACKS & ESSENTIALS

Choose 4

Bone Broth - Beef
Bone Broth - Chicken
Muffins
Granola
Energy bites



Let's work together to create the perfect menu for your family!

\$350

Approximately 8 hours

Groceries not included, but clean up is!

