



Postpartum Menu



Warming & Nourishing Main Dishes:

- Chicken soup with ginger, spinach, pearl couscous, and fresh coriander
- Pumpkin stew with spinach, coconut milk, bone broth, and quinoa
- Japanese curry with beef, mushrooms, and rice
- Congee (Cantonese rice porridge) with bone broth, basil, and beef
- Carrot soup with almonds and saffron
- Green soup with quinoa and sesame
- Golden daal with chicken broth and rice
- Homemade chicken broth

Nourishing & Sweet Treats:

- Postpartum porridge with dried apricots, warming spices, and a dollop of butter
- Date balls
- Postpartum cookies:
 - With coconut, oats, and chocolate
 - With dried apricots and ginger
 - With tahini, cardamom, and rose
- Breakfast cookies with almonds, tahini, and sunflower seeds
- Fiber-rich muffins with zucchini, carrot, and dates
- Spiced coconut vanilla custard (drink)

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