



FREE DOWNLOAD

Postpartum Recipes & Oils Resource List

Nourish your body. Support your healing. Honor your becoming.

Created by Caridad Saenz, Birth Guardian



“Postpartum care is not a luxury — it is a sacred return to self.”

This guide is a gentle starting place for mothers, families, doulas, and birth partners who want postpartum care to feel more intentional, nourishing, and human.

A gentle note: This resource is for education and self-care inspiration only. It is not medical advice. Please check with your doctor, midwife, lactation consultant, or qualified aromatherapist if you are healing from surgery, taking medication, breastfeeding, have allergies, or have a medical condition. Essential oils should be diluted, used with care, and kept away from babies’ faces, hands, and sleep spaces.



The Birth Guardian Postpartum Food Philosophy

- Warmth: soups, stews, teas, broths, cooked grains, and soft foods that are easy to digest.
- Minerals: bone broth, lentils, leafy greens, sesame, dates, oats, sea salt, and root vegetables.
- Blood-building support: iron-rich foods paired with vitamin C, especially after birth.
- Steady energy: protein, healthy fats, complex carbohydrates, and frequent small meals.
- Emotional care: food prepared with love, rhythm, and the reminder that the mother deserves to be mothered too.



Simple Postpartum Recipes

Healing Chicken or Beef Bone Broth

Best for deep nourishment, minerals, warmth, and recovery.

Ingredients: Bones or chicken carcass, carrots, celery, onion, garlic, ginger, bay leaf, sea salt, water, optional apple cider vinegar.

Method: Simmer gently for 6–12 hours. Strain. Sip warm or use as the base for soups, rice, lentils, or stews.

Iron-Rich Lentil & Date Stew

Best for grounding, blood-building support, and steady energy.

Ingredients: Red or brown lentils, onion, garlic, carrot, cumin, turmeric, cinnamon, chopped dates, spinach, broth or water, olive oil.

Method: Sauté onion and garlic. Add spices, lentils, carrots, dates, and broth. Simmer until soft. Stir in spinach at the end.

Postpartum Oatmeal Bowl

Best for breakfast, milk-supportive nourishment, and emotional comfort.

Ingredients: Oats, milk or plant milk, cinnamon, dates or honey, tahini or almond butter, chia/flax seeds, walnuts.

Method: Cook oats slowly until creamy. Add toppings. Serve warm with tea.

Root Vegetable Soup

Best for warmth, digestion, and gentle nourishment.

Ingredients: Sweet potato, carrot, pumpkin or squash, onion, garlic, ginger, broth, coconut milk, turmeric, salt.

Method: Simmer vegetables in broth until soft. Blend with coconut milk. Finish with olive oil.



Golden Milk

Best for an evening ritual, warmth, and slowing down.

Ingredients: Milk or plant milk, turmeric, cinnamon, ginger, black pepper, honey, coconut oil or ghee.

Method: Warm gently. Whisk. Sip slowly before rest.

Nourishing Herbal Tea

Best for hydration and a daily pause.

Ingredients: Chamomile, nettle, raspberry leaf, fennel, rose, or lemon balm.

Method: Steep 5–10 minutes. Choose herbs based on your needs and check suitability for breastfeeding or medications.

Lactation Support Cookies

Best for a snack that feels like care.

Ingredients: Oats, flour, butter or coconut oil, egg or flax egg, brewer's yeast if tolerated, flax/chia, cinnamon, dates or dark chocolate.

Method: Mix, scoop, and bake until golden. Keep some frozen for easy snacks.

Seed Cycling Smoothie

Best for easy nutrition when appetite is low.

Ingredients: Banana, berries, yogurt or milk, almond butter, ground flax or pumpkin seeds, oats, cinnamon.

Method: Blend until creamy. Add protein if recommended by your provider.



Essential Oils & Plant Allies

Safety first: In postpartum, less is more. Avoid applying essential oils directly to the breast/nipple area before feeding. Wash hands after use. Keep blends away from the baby's skin, face, and bedding. Use very low dilution: usually 1% or less for postpartum body oils.

- Lavender — calming, rest, nervous system support.
- Chamomile — softening, emotional tenderness, rest.
- Rose — self-compassion, grief, heart support.
- Frankincense — grounding, ritual, scar-care support when diluted.
- Geranium — emotional balance and feminine support.
- Orange — uplift, warmth, gentle brightness.
- Lemon — freshness and clarity; avoid sun exposure after topical use.
- Peppermint — energy and nausea support; use cautiously around breastfeeding and babies.
- Eucalyptus — breath support; avoid direct baby exposure.
- Jojoba oil — gentle carrier for skin and massage.
- Sweet almond oil — nourishing carrier; avoid with nut allergy.
- Coconut oil — rich carrier; patch test first.

Gentle Oil Blend Ideas

Rest & Return Body Oil

2 tbsp jojoba or sweet almond oil + 1 drop lavender + 1 drop chamomile.

Heart Softening Oil

2 tbsp carrier oil + 1 drop rose or geranium + 1 drop frankincense.

Grounding Belly/Womb Space Oil

2 tbsp carrier oil + 1 drop frankincense + 1 drop lavender. Avoid incision until fully healed and cleared by provider.

Uplift Room Ritual

Diffuse 1 drop orange + 1 drop lavender in a well-ventilated room, away from baby's sleep space.

Foot Massage Oil

2 tbsp carrier oil + 1 drop lavender + 1 drop orange. Massage feet before rest.



A Simple Daily Postpartum Rhythm

- Morning: warm drink before phone or visitors.
- Midday: one nourishing bowl — soup, stew, oats, rice, lentils, or broth.
- Afternoon: ten minutes of sunlight, breath, or supported rest.
- Evening: warm oil on feet or shoulders, herbal tea, and one honest emotional check-in.
- Night: ask for help before you feel empty.

Shadow Work Prompts for Motherhood

- What part of me is asking to be seen in this season?
- Where do I feel unsupported, and what support do I need to name clearly?
- What old story about being a “good mother” am I ready to release?
- What does my body need today: warmth, food, rest, touch, quiet, or help?
- What would it look like to mother myself while I mother my baby?



Closing Blessing

*May you be fed.
May you be held.
May you be witnessed in the seen and unseen work of becoming.
You do not have to do this alone.*

*Nourish. Heal. Remember.
You are enough.*



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Caridad Saenz is a Dubai-based Birth Guardian devoted to humanizing pregnancy, birth, postpartum, and early motherhood. Her work bridges the clinical and the relational — supporting families with presence, education, emotional awareness, and reverence for the transformation of becoming a mother.

Learn more: caridadsaenz.com