

Postpartum Meal Prep Service

Delicious, home-cooked meals specific to post-birth healing, lovingly prepared in your home before baby arrives to stock up your fridge and freezer just in time for the 4th trimester

1 SESSION:

4-6 MENU ITEMS
PREPPED
\$200*

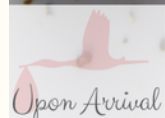
2 SESSIONS:

8-10 MENU ITEMS
PREPPED
\$350*

MAKES A GREAT
REGISTRY ADDITION
AND/OR BABY
SHOWER GIFT!

BABY ALREADY HERE?
POSTNATAL MEAL
PREP SERVICE ALSO
AVAILABLE!

*plus cost of
ingredients/containers



Recipe Examples



NOURISHED MAMA FOURTH TRIMESTER MENU

BREAKFAST

Savory Veggie & Oat Porridge
Sheetpan Pumpkin Pancakes
Baked Eggs with Yogurt & Dill
Walnut Damper Muffins
Breakfast Bowl-rito
Fruit & Spice Oatmeal
Toast & Toppings (Avocado or Cinnamon Berry or Chia Jam etc.)

SNACKS

Chia Butter & Cocoa Banana Bites
Apple Pie Oat Bars
Oat & Seed Nut-Butter Balls
Freezer Fudge
Nori Seed Crackers
Nut-Butter & Celery "Ants on a Log"
Zucchini Salad Roll Ups
Kimchi & Rice Bites

LUNCH/DINNER

Veggie Stew w/ Cashews & Quinoa
Rosemary Chicken Noodle Soup
Vegetable Chickpea Curry
Stout & Chocolate Chili
Jamie Oliver's Chicken in Milk
Crunchy Millet Cakes w/Greens
Paprika & Cinnamon Pulled Pork
Garlic Shrimp & Rice
Korean Salmon with Sweet Soy

BEVERAGES

Healing Sipping Broth
Turmeric "Golden" Latte/Smoothie
Ultimate Hot Chocolate
Warm Spiced Molasses
Turmeric Carrot Tonic
Watermelon Chia Cooler
Sip to Sleep Cocoa Smoothie
Fruit/Veggie Smoothie/H2O Infusion



PREFER SOMETHING ELSE?
JUST ASK!

Email andrea.uponarrivaldoula@gmail.com to book your postpartum meal service today!