

# Primal Birth Postpartum Meal Delivery



Nourishing & warming foods are the cornerstone of postpartum recovery. Give yourself the gift of nutrient dense meals, custom-made for the postpartum period. Meals delivered to your frig, allowing you to fully immerse yourself in connecting with your baby & healing. A peaceful and nurtured postpartum is your birthright!

[www.primalbirth.net](http://www.primalbirth.net)

# About Primal Birth Postpartum Meal Delivery

- All meals are created with locally sourced organic ingredients and tailored to address postpartum nutritional needs.
- A nutritional questionnaire will be provided to discuss allergies, likes/dislikes, nutritional desires & select your meals.
- Meals & snacks provide approximately 2-3 servings.
- Reusable glass containers or eco-friendly packaging always used.
- Delivery date & time will be mutually agreed upon by client and Doula and shall be scheduled at least 24 hours in advance.
- Delivery fee is included in price of food. An extra \$10 travel fee will be applied for deliveries North of Del Mar.
- Alternative payment plans and reduced fees are available, please inquire!

# Packages

## Package A

3 meals & 3 snacks

\$200

## Package B

5 meals & 3 snacks

\$290

## Package C

8 freezer entree meals

\$315

Options for add-ons:

Herbal tea blends

Herbal Tinctures

## Current Menu Items

- **Seasonal Root Vegetable, Beef, & Barley Soup**

The pearl barley adds nutritional value such as fiber & protein. The root vegetables are also loaded with vitamin A, K and C & antioxidants.

\*The barley will absorb some of the liquid and you'll need to thin it with a little water when you reheat it.\*

- **Chicken Tortilla Soup with Bone Broth:**

Spice up your dinner with this dish. Warming, nourishing and flavorful.

This is a healthy meal with a kick of flavor! This soup is loaded with veggies, chicken and is topped with your choice of avocado, light cheese and handmade tortilla chips!

- **Chicken Potato Soup:**

This isn't your grandma's chicken soup! Packed with nourishment, filling, but not heavy on the gut and full of flavor. It can be served with, bread croutons, fresh bread or salad.

- **Ginger Chicken, Lentil & Kale Soup**

Warming and nourishing, this soup is full of anti-inflammatory nutrients that help heal with body with heat & hydration from the bone broth base.

- **Split-pea Kitchari:**  
Kitchari, which means mixture, is traditionally made of yellow mung dal and white Basmati Rice, along with digestive spices and ghee. It is used as a cleansing and detoxifying food in Ayurveda.
- **Parsnip, Potato, Carrot + Ginger Soup with Cinnamon Croutons:**  
Naturally boost your immune system with this vitamin, mineral and anti-oxidant rich meal.
- **Shepard's Pie**  
Full of macronutrients-protein, fat and carbs with one of the most nutritionally dense foods (liver) tucked inside.
- **Red Lentil Dahl with Flatbread**  
Red lentil dahl with or without slow roasted chuck roast. The foundation of this dish is organic meat stock. Comes with three ingredient handmade flatbread

- **Creamy Chicken & Wild Rice Soup**

This protein & fiber-filled soup with warming spices tastes great while delivering good-for-you nutrients. This combination of creamy broth with nutty wild rice

- **Chicken & Roasted Butternut Squash Soup**

Rich in nutrients such as: Potassium, Folate, Fiber+ Vitamin A, C & K! Creamy, warming & packed with flavor of roasted chicken that will have you wanting a second bowl.

- **Bone Broth**

Easily digestible protein with amino acids that supports gut health & tissue growth as well as soothes the nervous system. Great source of Collagen which aids in wound healing. Receive 4 cups.

### **Snack Options**

Frittatas with season vegetables

Bone Broth

Liver Pâté

Protein energy bites

Lactation Cookies

Lactation Banana Bread

Breakfast Hash Bake

Herbal Infusion

## **Add-ons:**

Herbal tea blends:

Loose herb:

1 oz: \$8

4 oz: \$15

4 oz of bagged (6 tea bags) blend: \$20

## **Herbal Tinctures**

1 oz Tinctures: \$14

4 oz tincture \$20

**Visit [primalbirth.net](http://primalbirth.net) for available herbs + descriptions.**