

Primal Birth Postpartum Meals



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

About Primal Birth Postpartum Meals

- All meals are created with locally sourced organic ingredients and tailored to address postpartum nutritional needs based on the Weston A. Price Principles.
- A nutritional questionnaire will be provided to discuss allergies, likes/dislikes, & nutritional desires.
- Meals 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!

In-home Meal Prep

4 hours of in-home meal prep

3 meals plus 2 snacks

Great for stocking your fridge/freezer before baby arrives or a weekly postpartum session

Groceries included in fee

Investment: \$200

Meal Delivery: 8 entree meals

Investment: \$315

Add-ons:

Herbal tea blends:

Loose herb:

1 oz: \$8

4 oz: \$15

Snacks: \$8 a piece

Lactation Cookies

Lactation Banana bread

Protein Balls

Egg Bites

Bone Broth

Date Brownies

Current Menu Items

- **Chicken and Red Lentil Soup**

A staple of Primal Birth. This OG dish is a fan favorite packed full of flavor with a kick of Cayenne, lots of veggies, and easily digestible red lentils to make the first time “you go” a little more pleasant.

- **Southwestern White Bean Chicken Chilli**

A warming chilli with a Southwestern flare. This dish is anything, but boring with green chilies, fibrous white beans, and your choice of ground beef mixed with liver or chicken.

- **Chicken Noodle Soup**

This is not your grandma’s chicken soup! Another dish full of flavor with the base being handmade bone broth for extra nutrients and deliciously soft egg noodles.

Shepard's Pie

- Full of macronutrients-protein, fat, and carbs with one of the most nutritionally dense foods (liver) tucked inside. Another Primal Birth OG dish that keeps getting better!

- **Red Lentil Chicken Curry with Jasmine Rice**

If you love red lentils, but are wanting a different flavor profile look no further than this warming dish. Curried lentils and veggies on a bed of Jasmine rice. Add 4 greek yogurt flatbread for an additional \$4!

- **Spicy Peanut Noodles**

This Thai inspired dish is so delicious you probably have to go back for seconds! Made with soba noodles this dish can be made with just veggies, chicken or both. The star of this dish is the homemade peanut sauce that packs a punch. *If allergic to nuts, this dish can be modified to accommodate*

- **Ginger Chicken, Wild Rice & 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.

- **Lemon Chicken Orzo Soup**

This dish will transport you to Italy as you snuggle in bed with your baby. Creamy orzo mixed with lemon and Italian spices will keep you nourished and satisfied.

- **Beans and Greens**

A miso & bone broth base gives you a punch of Asian flavor with nutrient dense white beans, spinach and chicken. A simple dish with tons of nutrition.

- **Black Bean and Quinoa Enchilada Bake**

Everyone loves a hearty Mexican influenced casserole! This is a healthier spin on Enchiladas, but that does not take away from the flavor!

- **Dumpling Soup**

Created with ready-made dumplings, fresh veggies and a fragrant broth you do not want to miss out on this dish! Simple, flavorful, and satisfying.

- **Italian Wedding Soup**

A lighter, healthier version of a classic soup. Made with ground turkey, a rich flavor profile from fresh veggies and of course some pasta.

- **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 a jar equal to 4 cups.