

Primal Birth Postpartum Meal Delivery Services

Intention:

Nourishing & warming foods are the cornerstone of postpartum recovery. Personalized nourishing postpartum meals delivered to your door allow you to fully immerse yourself in connecting with your baby & healing. A peaceful and nurtured postpartum is your birthright!

About the Meals:

- All meals are created with organic ingredients with homemade bone broth being the foundation for many meals.
- A nutritional questionnaire will be sent to you where you can discuss likes/ dislikes, nutritional desires & select your meals.
- Meals can be adjusted to fit dietary needs.
- Meals for breakfast, lunch and/or dinner can be purchased as monthly or weekly packages
- Save when you purchase a monthly package!

Pricing:

Primal Birth Sustenance Monthly Packages

Four weeks of lunch/dinner staple meals

7 meals: \$220 per week

4 meals: \$185 per week

Primal Birth Weekly Package:

7 meals: \$250 per week

4 meals: \$195 per week

Snacks/beverage can be added-on

\$5 per beverage

\$14 per snack plate

Additional charge may apply if you live north of Del Mar

Payment plans and reduced fees are available

- **Hearty Mung Bean & Bacon Soup:**

Warming & filling, creamy & chunky, spiced but not spicy. Loaded with mung beans, vegetables and smoky bacon (can be subbed out).

- **Root Vegetable & 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 fresh bread or salad

- **Red Lentil Soup:**

It's rich, warming and flavorful. Packed with vegetables that are nourishing, replenishing and fresh! Can be served with toasted bread or fresh salad/ vegetables.

- **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 Soup with Cinnamon Croutons:**

Naturally boost your immune system with this vitamin, mineral and anti-oxidant rich meal.

- **Red Lentil Dahl:**

This flavorful Indian curry is rich with macro& micronutrients. Fresh two-ingredient (greek yogurt & flour) pita bread can be added on.

- **Red Lentil & Chuck Roast**

Slow roasted vegetables mixed with a Dutch-oven simmered chuck roast & red lentils. The foundation of this dish is organic meat stock

- **Homemade Bison & Liver Bolognese**

Don't count out this meal just yet! Liver is one of the most nutrient dense foods containing: folate, Iron & Vitamin A + B. Mixed with the Bison & Bolognese sauce, it is a sneakily healthy meal.

Please note:

- Menu is always evolving, but these are some of my staples. If you have other ideas of foods that you love or find nourishing please let me know!

Breakfast Options:

Banana Lactation Bread

Buckwheat Bran Muffins

Gingered Oatmeal

Probiotic Pancakes

Beverage options:

All of Primal Birth Herbal Blends

Infusion of the Week

Meat stock- similar to bone broth, but easier to digest. Packed with nutrients & collagen.

Lemon, Carrot or celery & Ginger Juice

Snack Options:

Curated snack plate with a complex carb & protein

Examples: Cheese, nuts, dried/ fresh fruits, pita bread, crackers, hummus/ bean dip, steamed/ roasted veggies, yogurt, bacon wrapped goat cheese dates