

NURTURED MOTHERS DOULA CARE

POSTPARTUM MENU



MEALS (32 OUNCES)

CONGEE 35

Chinese rice porridge with pasture-raised chicken

KITCHARI 35

Ayurvedic lentil dish with warming spices

NEPALI RICE 35

PUDDING

Sweetened rice porridge with black sesame seeds

MOTHER'S BOWLS 35

Rice or quinoa with seasonal vegetables

DAL 35

Soup made from soaked mung, spices and coconut milk

All meals are organic and ingredients are locally sourced

To order please fill out the [order questionnaire](#) or email

nurturedmothersdoula@gmail.com

\$50 minimum order

SNACKS

BONE BROTH (CHICKEN OR BEEF) 15

STEWED FRUIT (4 SERVINGS) 15

For digestion

BANANA OAT CHIA MUFFINS (12) 15

For lactation



DRINKS (4 SERVINGS)

HERBAL CHAI* 15

CALMING COCOA* 15

With ashwaganda

GOLDEN MILK* 15

With tumeric and other warming spices

*With your choice of milk
Add nourishing marshmallows for \$7

Customization is available, including to accommodate allergies.
Please reach out if you are interested in additional postpartum services