

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
PUDDING** 20
Sweetened rice porridge
with black sesame seeds

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

Delivery is free within 15 miles of
83686, \$5 fee applies outside radius

SNACKS

STEWED FRUITS 18
(4 SERVINGS)

For digestion

DARK CHOCOLATE 18

GOJI COOKIES
For iron replenishment

**OATS + CHIA
MUFFINS (12)** 15

For lactation



DRINKS (4 SERVINGS)

HERBAL CHAI 15
Non-Caffeinated

NOURISHING COCOA 18
With ashwaganda

GOLDEN MILK 18
With tumeric and other
warming spices

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

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