

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

**GRAIN 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 text  
267-298-8914 or email  
nurturedmothersdoula@gmail.com

\$50 minimum order

## SNACKS

**CHICKEN BONE BROTH (QUART)** 15

**STEWED FRUIT (4 SERVINGS)** 15  
For digestion

**BANANA OAT CHIA MUFFINS (12)** 15  
For lactation



## DRINKS (4 SERVINGS)

**CHAI CONCENTRATE** 9

**CALMING COCOA MIX** 12  
With ashwaganda

**GOLDEN MILK MIX** 12  
With tumeric and other warming spices

Drinks can be delivered with milk for an additional \$3

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