

Postpartum Meal Plans

Milkweed 4 weeks: 5 breakfasts, 5 lunches, 5 dinners/week For 1: \$800/week For 2: \$1000/week	Holy Basil 6 weeks: 5 breakfasts, 5 lunches, 5 dinners/week For 1: \$700/week For 2: \$900/week
Nettle 8 weeks: 5 breakfasts, 5 lunches, 5 dinners, 2 snacks/week For 1: \$600 For 2: \$800	Sugar Maple Ongoing (minimum 8 weeks): 5 breakfasts, 5 lunches, 5 dinners, 3 snacks/week For 1: \$550 For 2: \$750

- Meals are pre-portioned and packaged in your tupperware or disposable eco-friendly containers.
- Reheating is easy and instructions are always provided.
- Meals are delivered within a 50mile radius of Knoxville. Delivery costs are included in the weekly price!

Weekly Menu Example

Monday

Breakfasts: Congee in bone broth, soft-boiled egg, scallions

Lunch: Green Goddess Soup w/ local sourdough & cultured butter - bone broth based, dark leafy greens, sweet potatoes, red lentils

Dinner: Miso Ginger Salmon, turmeric polenta, garlic sauteed spinach

Snacks: Berry Chia Seed Crisp w/ whipped local cream and lemon zest

Tuesday

Breakfast: Oats and Seeds Porridge w/ TCM spices

Lunch: Lemon, Chicken, Dill and Orzo Soup w/ local sourdough & cultured butter

Dinner: Beef Stew with ginger and root vegetables

Snacks: Bird Seed Bars (date-based, iron rich, processed sugar-free, nutrient-dense)

Wednesday

Breakfast: Bone broth, stewed apples with orange & clove and warm oat bake

Lunch: Beef and Barley Soup w/ local sourdough & cultured butter

Dinner: Warm Quinoa Bowl with chicken, confit tomatoes, grilled cucumbers, whipped feta and sauteed kale

Thursday

Breakfast: Mango Sticky Rice Chia Seed Pudding - coconut milk based, mangos, flax seeds, toasted coconut

Lunch: Thai Chicken Dumpling soup

Dinner: Loaded Stir-fry- chinese broccoli, lean chicken, fenugreek leaves, ginger, garlic

Friday

Breakfast: Steak & Eggs Platter- steak, soft boiled eggs, water-rich fruit and vegetables

Lunch: Stewed pears, brothy rice, crispy skin salmon, wilted spinach

Dinner: German Rouladen, garlic mashed potatoes, lemon broccolini