

## Healing Meals for Mama & Family

### Healing Postpartum Mama Meals

#### **Oats & Chia Congee (2 8oz servings) \$12**

Think overnight oats, everyone in the family can enjoy this. Oats are great for energy, nutrition and lactation, Chia adds extra protein. Serve cold, or warm topped with fruits, nuts....whatever you like! (V, GF)

#### **Mini Frittatas (1 dozen) \$18**

- These individual egg bites are packed with veggies, cheese and sausage and can be served warm or room temperature. Protein packed and delicious - can be made vegan.

#### **Shitake Immune Boost Broth (2 16oz servings) \$20**

- This meat free broth benefits from the immune-boosting power of mushrooms - long revered in Chinese medicine as a powerful medicinal food. Rich in B vitamins and minerals, it seduces the senses with a rich flavor. (V,GF)

#### **Healing Recovery Stew (2 16oz servings) \$25**

- A hearty and versatile stew that's gentle on the digestion, and contains nurturing and lubricating saturated fats. Carrots, potatoes, tomatoes, cashews, green beans, mushrooms and millet - along with warming spices and coconut milk make a delicious and comforting meal. (V,GF)

#### **Ginger Fried Rice (2 16oz servings) \$15**

- Light and warming, its' star ingredient is fresh ginger, which boosts blood circulation and balance excess 'wind' in the body after birth. Add protein of your choice, see below (V, GF)

#### **\*Organic Protein Add-ons available:**

**Chicken Breast 2 8 oz portions \$15      Salmon 2 8 oz portions \$15**

**Grass Fed Beef 2 8 oz portions \$15      Tofu or Tempeh 16oz \$10**

**(\*Choose from grilled, steamed, poached, marinated etc.)**

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### Family Friendly Entrees

**Pasta Bolognese** (2 16 oz servings) **\$20**

- Thick and hearty bolognese sauce over pasta. Sauce contains extra veggies and vegan 'meat'. Non vegan, Gluten free also available.

**Mac & Cheese** (2 16 oz servings) **\$18**

- Kids and adults love this one, and you'd never even know it was vegan! Goopy 'cheese' sauce over shells, just heat & enjoy! Non vegan, Gluten free also available.

**Tamale Casserole** (2 16 oz servings) **\$25**

- Corn masa base with layers of vegan, beef or turkey filling, cheese and sauce, just pop into the oven to heat and enjoy. GF available.

**Lasagna** (2 or 4 16 oz servings) **\$20/\$35**

- Layers of noodles, cheese, protein of choice and spinach or veggies with home made marinara sauce. Vegan / gluten free available.

**Chili** (2 16 oz servings) **\$20**

- A comforting and protein filled dish with beans, authentic Mexican spices. Can be made with Tempeh, grass-fed beef, or turkey.

**Pot Pie** (2 16 oz servings) **\$20**

- A classic comfort dish, vegetables (and protein of your choice) in a creamy sauce with a flaky crust on top.

**Curry** (2 16 oz servings) **\$20**

- Traditional Thai curry, choose Red, Yellow or Green. Made with coconut milk, carrots, potato, Japanese eggplant, peas, tofu (or protein of your choice).

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### **SOUPS by the quart**

<b>Bone Broth - chicken or beef</b>	<b>\$20</b>
<b>Carrot Ginger Soup</b>	<b>\$18</b>
<b>Tomato Basil Bisque</b>	<b>\$18</b>
<b>Potato Leek Soup</b>	<b>\$18</b>
<b>Broccoli Cheddar Soup</b>	<b>\$18</b>
<b>Lentil Soup</b>	<b>\$18</b>
<b>Butternut Squash Soup</b>	<b>\$18</b>
<b>Vegetable Soup</b>	<b>\$18</b>
<b>Tempeh Chili</b>	<b>\$18</b>
<b>Chicken Noodle Soup</b>	<b>\$20</b>
<b>Meatball, Spinach &amp; White bean Soup</b>	<b>\$20</b>

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### SIDES

<b>Lemony Orzo w/Asparagus</b> (2 16 oz servings)	<b>\$20</b>
- A light, healthy side dish - not too heavy on the garlic. Perfect alongside a protein or on its' own. Gluten free available. (V)	
<b>Green or Ceasar Salad</b> (per serving)	<b>\$8</b>
<b>Potato Salad</b> ( 2 8oz servings)	<b>\$10</b>
<b>Rice or Quinoa</b> (2 8 oz servings)	<b>\$8</b>
<b>Garlic rolls</b> (1 dozen, baked or non baked)	<b>\$15</b>
<b>Steamed Seasonal Veggies</b> (4 8 oz servings)	<b>\$15</b>
<b>Roasted Root Veggies</b> (4 8 oz servings)	<b>\$18</b>
<b>Guacamole</b> 16oz with tortilla chips	<b>\$15</b>
<b>Hummus</b> 16oz with Pita bread or chips	<b>\$15</b>

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### DESSERTS

**Lactation Cookies** 1 dozen baked or frozen **\$18**

- The best lactation cookies for nursing mamas! These delicious vegan & gluten free cookies are packed with nutrients from oats, flax, and brewers' yeast which is great for boosting milk supply. (And, they taste like your favorite oatmeal chocolate chip cookie!) The perfect treat for new moms or anyone looking for a healthier cookie. (GF, V)

**Vegan Carrotcake** cupcakes/cake **\$3/30**

- This ridiculously decadent organic recipe is moist, and packed with flavor (and they're healthy!). Vegan 'cream cheese' frosting. (GF,V)

**Vegan Double Chocolate Cake** cupcake/cake **\$3/30**

- A moist, chocolatey, and decent dessert or snack. GF available

**Chocolate Chip Cookies** dozen **\$20**

- Traditional gooey cookies that everyone loves. Can be made vegan, Gluten free on request.

**Sweet Potato Pie** **\$30**

- Tamlyn's secret recipe! Flakey home made crust with a decadent sweet potato filling. Can be made vegan, and/or gluten free!

**~ All items can be made non-vegan, gluten free or vegan.**

*~ Dishes and packages can be customized, based on your family size & dietary preferences.*

*~ My ingredients are clean, organic (whenever possible) and all dishes are made with LOVE.*