



Post-Birth Recovery Meal Plan

Everything you need to know to feed
a Mother immediately after birth



New Mother
CAREGIVING

Post-Birth Recovery Meal Plan



Welcome to New Mother Caregiving!

Congratulations on taking your first step toward a deeply nourishing postpartum recovery!

My name is Shelley Rahim and I've been supporting families during the childbearing year for over 15 years. As a birth doula, postpartum caregiver and postpartum chef, one of my favorite things to do is feed a mother her first meal after completing the arduous task of birthing her baby.

Whether the birth happens vaginally, by cesarean or some combination of both, the postpartum mother's body, mind and soul undergoes one of the most monumental and energy-intensive experiences of a lifetime.

Giving birth is metabolically similar to running a marathon; the body needs to be refueled in order to recover lost nutrients.

This Ebook will equip you with everything you need to know to prepare, pack and feed the mother a nutritional meal that will support her healing process after she gives birth to her baby.



When considering what a postpartum mother should eat immediately after birth, it's very important to follow some basic, universal principles for feeding someone whose body and digestive system is in a very delicate state. Let's take a look at some cross-cultural, universal principles for feeding a mother after birth.

Table of Contents

- 5 [Looking to other cultures](#)
- 7 [The 5 Principles For Nourishing A Postpartum Mother](#)
- 9 [Pivotal Moment Meal](#)
- 11 [Menu and Methodology](#)
- 13 [Gather Supplies](#)
- 19 [Start Cooking](#)
- 22 [Feeding The Mother](#)
- 24 [Recipes](#)
- 36 [Ingredients + Amounts](#)
- 38 [General Grocery List](#)
- 40 [Alternatives Food Choices](#)
- 42 [Good Menu Choices](#)
- 43 [Thank you](#)

Looking To Other Cultures For Inspiration

Before the Industrial revolution took hold in America, women gave birth at home with a doctor or midwife, surrounded by their maternal elders, who understood that the first meal after birth needed to be highly specialized.

After WWI, birth, like everything else, became industrialized, and consequently, our maternal elders lost the value and tradition of feeding a mother the way their maternal ancestors used to do. Today, the world is different and we have access to the knowledge of how non-western societies feed their mothers. With deep reverence for indigenous cultures around the world, we can look to them for inspiration and learn how to properly feed a mother after birth.

Most non-western cultures still uphold postpartum traditions for nourishment that have been passed down from mother to mother for thousands of generations.



Looking To Other Cultures For Inspiration



In **China**, mothers will be fed congee (rice porridge), bone broths, and special herbal teas after birth.

In **India and Pakistan**, the post-birth meal might be kitchori (rice and lentil porridge) with ghee and digestive spices. Warm milk and lactation snacks are always given to new moms as well.

In **Malaysia**, fish soup with rice is given after birth.

In **Mexico**, chicken soup and atole (a warm masa beverage) is fed to a mother by her maternal elders.

In **Korea**, grandmothers make and serve seaweed soup to their daughters and granddaughters after giving birth.

All of these cultures have a few things in common when it comes to their postpartum nourishing traditions. I've summarized these commonalities into five basic principles. It is my belief that these principles should be applied at hospitals and birth centers as well as at home.

The 5 Principles For Nourishing A Postpartum Mother

1 – Warm Food And Beverages Only



A new mother's digestive system is in a very compromised state after giving birth, very similar to someone who has the flu. Think about what you would eat if you had the flu. Hopefully warm soup and tea. This is because the warmth facilitates healing in the body. Cold food and drinks shock the internal organs, forcing the body to work much harder to assimilate the nutrients.

2 – Nutrient-Dense Food And Beverages Only



The body is in a bit of shock from the act of giving birth and/or going through major surgery. In order for the tissues to repair, the bones and ligaments to migrate back into place, the uterus to heal and the body to produce breastmilk there needs to be deeply nourishing food, and lots of it!

The 5 Principles For Nourishing A Postpartum Mother

3 – Easy To Digest Food And Beverages Only



During birth, the digestive system slows down and diverts all its energy to birthing the baby. The digestive system is in a very weakened state, similar to someone with the flu. Providing the body with nutrition that is easy to digest, along with spices and herbs that will encourage the digestive system to heal is very helpful.

4 – Freshly Made With Love



When food and beverages are made specifically for the mother, she can feel the love and this love has a positive reaction in the body. It releases oxytocin (the love hormone) which soothes the nervous system and supports the lactation process. Cafeteria food is not made with love nor is it prepared with the mother's specific needs in mind, therefore won't have the same response in the body.

5 – Served To The Mother In Bed



Obviously this will be the case at the hospital or birth center, however, I'm including this principle here because it needs to be practiced at home as well. When the mother is fed in bed, this allows her to maximize every opportunity to rest and heal. I continue to feed a mother in bed for the first 40 days after birth, and encourage you to do the best you can to uphold this practice.

The "Pivotal Moment Meal"

The first meal after birth is the most important meal in a woman's life, that's why I call it the "**Pivotal Moment Meal.**" During this vulnerable time there are three critical junctures merging in the mother's body,

Critical Juncture #1 - The End of Pregnancy

Research has shown that the energy expenditure of 9 months of pregnancy is equivalent to running 40 marathons. After running all those marathons, the mother tops them off with yet another marathon: labor and birth. Her body must also do the hard work of repairing birth injuries, replenishing lost blood and/or healing from major surgery.

Critical Juncture #2 - Maternal Brain Changes

The mother's brain is going through massive changes, something neurosciences call "neuroplasticity." Proper nutrition supports maternal brain development and may help prevent postpartum depression.

Critical Juncture #3 - Shifting from Gestation to Lactation

Producing colostrum for the baby is metabolically similar to running seven miles per day. Proper nourishment supports milk production.



The "Pivotal Moment Meal"

When a mother is at this pivotal moment in her life.....

...and someone feeds her a meal that is highly nutritious, easy to digest and is made specifically for her body's healing process, there's a feeling that washes over her....a feeling of...

Everything is going to be okay!



This meal plan provides the nutrients she needs to heal and recover from all those marathons!

My Post-Birth Recovery Menu and Methodology

Preparation, Packing, and Feeding the Mother after Birth

Everything a postpartum mother puts into her body will either help it to heal or inhibit the healing process, especially immediately after birth when her body is the most vulnerable.

So let's plan ahead and BYON (Bring Your Own Nourishment) to the hospital so that you can feed the mother well and start the postpartum healing journey as soon as the baby is born.

Mothers who have followed my methodology enjoyed a speedy recovery from birth because they were so well nourished starting with that first meal, just moments after the baby was born.

Here is my step-by-step process for Preparing, Packing and Feeding the new mother after birth.



STEP #1 – PREPARING PART 1: Gather Supplies

Prep Part I:

Gather Your Supplies

This first step should be done ideally around the 30th week of pregnancy.

A) The Menu

Look over the recipes. You will be bringing the following nourishment to the hospital/birth center with you. The quantity of food in my recipes is enough to last the mother about 2-3 days at the hospital.



- [Bone Broth](#) - Bone Broth is essential for tissue repair, an easily digestible form of protein, and supports digestive healing.
- [Savory Congee](#) - Easy-to-digest essential carbohydrate with ghee and turmeric to support wound healing and milk production.
- [Stewed Fruits](#) - Supports healthy bowels and boosts blood supply
- [CCF Tea](#) - Supports digestion, healing, and lactation after birth
- [Turmeric Lactation Tea](#) - Helps the milk to come in, supports digestion
- [Banana-Almond Chocolate Chip Lactation Mini Muffins](#) - Fosters a sense of feeling loved, supports lactation
- [Sunshine Oatmeal](#) - Supports lactation and healthy bowel movements
- [Dilled Veggies](#) - supports lactation, while the vegetables and ghee provide fiber and nutrients to support healing

STEP #1 – PREP PART 1: Gather Supplies

B) [The Grocery List \(click here\)](#)

I have included all the ingredients you will be needing for your Post-Birth Recovery Meal Plan. Purchase all of the ingredients (except perishables) at least 3-4 weeks before your Estimated Due Date (EDD). Purchase perishables as you approach your due date. This way you won't have to go shopping when labor starts.

C) Kitchen Supplies

Here's a list of the less-common kitchen equipment that I use for cooking my recipes.

- 1 - [24 cup mini muffin tin](#)
- [Instant Pot](#) or large 8, 10, or 12 quart [Stock Pot](#) or [Slow Cooker](#)
- [Potato Masher](#)
- [Mesh Strainers](#)
- [Silicone Bags](#) for storing bone broth in the freezer (Gallon-sized zip-lock bags with a zipper will suffice)
- [Wide-Bottomed 4-5 Quart Sauce Pan](#) This is what I cook the congee in.
- [Nutbag](#) for the whole spices when I make stewed fruits.
- [Loose Leaf Disposable Tea Bags](#) These are handy for making your CCF tea “to-go”
- [Mortar and Pestle](#) I use a mortar and pestle almost daily to hand-grind spices.
- [Label Maker](#) or Masking Tape + Sharpie
You will need to label your broths



STEP #1 – PREP PART 1: Gather Supplies

D) Packing and Transporting Equipment

You will need to make sure that you have what you need to pack and transport the food. I like to use glass containers because if you need to heat it in a microwave, glass is safer than plastic.

These are my suggestions based on the quantities you will be needing for a two-day stay at the hospital. Feel free to improvise and use what you have. You don't have to go out and buy everything new for this. If you have a plastic cooler on wheels, that works too! This list is just for you to make sure you know what you will need to have so that this meal plan can seamlessly be put together while you are in labor.

Transporting The Food:

- 1 - [Cooler On Wheels](#)

Packing The Food:

- 1 - [8oz Mason Jar](#) (or equivalent) - For stewed fruits
- 2 - [32oz Mason Jars](#) (or equivalent) - For congee & Bone Broth
- 1 - [32oz Mason Jar](#) + 1 - [8oz Mason Jar](#) (or equivalent) For turmeric lactation tea
- 1 - [32oz Container](#) For oatmeal
- 1 - 9"x13" [aluminum pan](#) + foil (or equivalent) For lactation muffins

Keeping The Food Cool:

- Ice packs

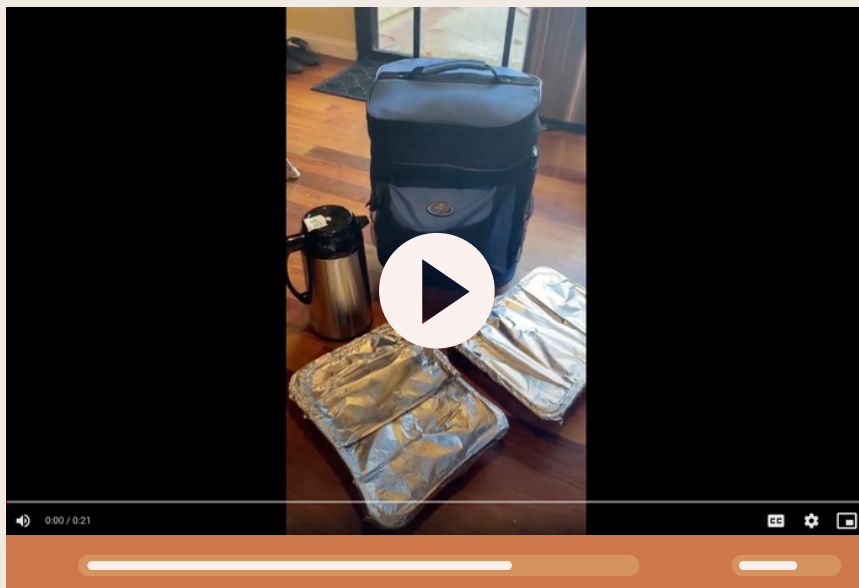
Keeping Tea Hot

- 1 [Thermos](#) for Lactation Tea

I like [this brand](#). It keeps the tea hot for a very long time AND it can be poured with one hand.

STEP #1 - PREP PART 1: Gather Supplies

Here is a short video of a cooler full of my Post-Birth Recovery Meal Plan goodies. This will give you an idea of what it looks like.



STEP #1 – PREP PART 1: Gather Supplies

E) Equipment Needed For Heating And Serving The Food At The Hospital

Once the baby is born, someone will have to heat up the food and feed the mother! If you have a doula or family member, assign them this task because the partner will be busy admiring the baby. If the only person who can do it is the partner, then so it is.

Occasionally I have asked a labor nurse to heat food up for me in the nurse's kitchen, but, typically this is not an option. With COVID restrictions, most waiting rooms no longer have microwaves, and most hospital Labor & Delivery rooms don't have microwaves or refrigerators in them (although you should call ahead and ask, or ask when you take your tour). This is why I have you bring your own heating devices.

Heating The Food At The Hospital:

- [Mini crock pot \(alternate style\)](#)
- [Hydroflask for hot water](#)

Serving The Food To The Mother After Birth:

- Plastic bowl + ceramic mug for tea
- Water bottle with straw (for her room-temp water)
- Bendy straws (the hospital has them too) but they are good to have on hand
- Spoons (stainless steel is nice) You will need spoons for serving, heating, and eating the food you bring.



STEP #1 - PREP PART 2: Make + Freeze Broth and Muffins

Prep Part 2: Make And Freeze Bone Broth and Muffins

This step should be done between weeks 36-37 of pregnancy. If you do it any earlier, the muffins might not taste as fresh when you need them. If you do it any later, you run the risk of giving birth early and not having the nourishment ready to go with you to the hospital or birth center.

Why Make And Freeze Bone Broth?

Bone broth is one of my “Six Daily Essentials” for nourishing a postpartum mother, and it’s the only one that is best made well in advance (32-36 weeks gestation). Making at least one batch and freezing it during pregnancy is the #1 best thing you could do to prepare for a nutritious postpartum. You will only use about 1/4-1/3 of the batch while you are at the hospital or birth center. This leaves you with plenty in the freezer to get you through the first week home with your baby.



STEP #1 – PREPARING PART 2: Make and Freeze Broth + Muffins

Week 32-36:

Make and Freeze Bone Broth

Be sure to label the broth with the type of broth, flavor and date. I like to freeze broth in 4-cup and 8-cup batches.

Make and Freeze Banana-Almond Chocolate-Chip Lactation Muffins

I recommend making a batch of these muffins to store in the freezer, then make another fresh batch when you are in labor. Take the fresh batch with you to the hospital or birth center. The freezer batch is your back-up batch for the hospital in case you don't have time to make them while laboring.

Make your individual CCF Tea bags.

Follow the directions on the CCF tea recipe for the "To-go" version. Plan to drink about 4-6 cups in a 24 hour period while you are at the hospital or birth center. Assemble about 12-15 tea bags.

Congratulations!

Now that you have all your kitchen supplies, packaging and transporting supplies, groceries, broth and muffins in the freezer and your CCF tea bags ready you can sit back and relax until labor starts!

STEP #2 - Labor Begins: START COOKING

Step #2: Labor Begins, Start Cooking!

You will start preparing all the fresh foods you'll need as soon as labor starts. This will be what you eat during and after the birth. Here is my recommended cooking order.

Congee First

If you have not soaked your rice for the congee, no worries. Just rinse the rice and put it in the pot with 16 cups of water. This takes the longest, so you will want to start this first.

Put the Stewed Fruits on

Start cooking these next. The longer they steep, the sweeter the syrupy water will become.

Start simmering Turmeric Lactation Tea

Put the spices on to simmer while you are preparing everything else. This takes about 20 minutes.



STEP #2 - Labor Begins: START COOKING

Banana-Almond Chocolate-Chip Mini Lactation Muffins

By the time the muffins go in the oven, your stewed fruits will be done (just turn off the heat, cover and let them sit there while you finish everything else), and you can add the milk, maple syrup and saffron to the turmeric tea concentrate.

Make the Tardka for the Congee

Tardka means cooking the spices in ghee. Refer to the congee recipe and follow the instructions for the tardka. Once the congee is nice and creamy, you can stir in the tardka. Add the celtic sea salt and now your congee is ready!

Make the Sunshine Oatmeal

While the oatmeal is simmering on the stove, you can start packing up all the food in the to-go containers.

Make the ed Veggies last

The ed veggies don't take very long to make, and will stay fresh longer if you save this for the last step.



Phew!

Now that all the food has been prepared and packed, perhaps your labor has also made some good progress. Be sure to listen to your body and rest if you're tired...or be active if you have energy to do so. Let your partner pack all the food as you prepare to go to the hospital or birth center.

Now you have something to look forward to after you give birth (besides meeting your baby!

STEP #3 – FEEDING



Feeding The Mother Immediately After Birth

Heating and feeding a mother after birth requires planning and preparation. Step #3 will equip you with the everything you need to know to properly feed the mother at the hospital.

Storing the food in the hospital room:

If your room has a small fridge, then you can store everything except the muffins in there. If not, which is the case for most hospitals, then you will need to keep it in the cooler. Ice machines are available in all hospitals, so you will need to replenish the ice every 5-6 hours or so.

Heating the food

Before Covid, waiting rooms typically had microwaves available for the guests and visitors to use to heat their food. Due to COVID, they no longer have microwaves so you will need to be responsible for heating your own food. As you know, it is very important that the food is consumed warm, this is why the mini-crock pot is on the supply list, so you can heat your food up yourself.

Simply plug in the mini-crock pot and heat the food in there. If you purchased the dual crock pot, you can heat more than one item at a time.

STEP #3 – FEEDING



Feeding

I like to have the Turmeric Lactation Tea already warm in the thermos, so if you made it right before arriving at the hospital, it should stay warm for 10-15 hours in the thermos.

For the CCF tea, you will need to ask the nurse for hot water. If you have a canteen, she can fill it with hot water and you can put your CCF tea bag directly in the canteen.

When the mother is ready to eat, you can serve the food to her in the bowl and ceramic mug you brought, then wash them in the bathroom sink.

For the congee-broth-dilled veggies, first put the warm congee in the bowl, then drizzle the broth on top and top it off with a serving of the dilled vegetables.

**When you see the mother's face and hear her say
“Mmmmmmmmm....Oh my GOD this is SOOOOOO good!”
You will realize that it was worth all the effort!**

Post-Birth Recovery Meal Plan Feeding Schedule

This handy chart will give you an idea of the exact quantities you will be consuming each day.

MEAL KEY							
Bone Broth	Sunshine Oatmeal	Lactation Tea	Savory Congee	Dilled Veggies	CCF Tea	Stewed Fruits	Lactation Muffins
BB	SO	LT	SC	DV	CCF	SF	LM

3-Day Hospital Stay

DAY #	AMOUNT PER MEAL							
	BB	SO	LT	SC	DV	CCF	SF	LM
DAY 1	16oz	8 oz	8 oz	16oz	1 Cup	16oz	½ Cup	10-12
		8 oz	8 oz			16oz	½ Cup	
DAY 2	16oz	8 oz	8 oz	16oz	1 Cup	16oz	½ Cup	10-12
		8 oz	8 oz			16oz	½ Cup	
DAY 3	16oz	8 oz	8 oz	16oz	1 Cup	16oz	½ Cup	10-12
		8 oz	8 oz			16oz	½ Cup	

THE RECIPES!



26 Bone Broth



32 Banana-Almond Chocolate-chip Lactation Muffins



28 Congee



33 Stewed Fruits



29 Sunshine Oatmeal



34 CCF Tea



30 Dilled Veggies



35 Turmeric Lactation Tea



Bone Broth

Classic American

- 2 - 2.5lbs (or so) chicken or beef femur bones (from a butcher or health food store)
- 1 lbs chicken feet (optional provides extra collagen)
- 10-12 cups water (if using instant pot, water amount goes to fill line)
- 2-3 peeled carrots
- 2-3 celery stalks
- Handful of fresh parsley
- Fresh rosemary (2-3 sprigs)
- 1 onion, cut in half, peel on
- 1 full head of garlic, chopped in half
- 1 TBSP each: basil, thyme, oregano, marjoram
- 1-2 tsp lemon pepper (optional)
- About 10 peppercorns
- 1 piece of Kombu seaweed (approx 6"x8")
- About 2 TBSP Celtic Sea Salt

Ayurvedic Bone Broth (Turmeric-Ginger Flavor)

- 2 - 2.5 lbs chicken or beef femur bones (from a butcher or health food store)
- 1 lbs chicken feet (optional but provides extra collagen)
- 10-12 cups water (if using instant pot, water amount goes to fill line)
- 2-3 peeled carrots
- 1 onion, cut in half, peel on
- 1 full head of garlic, chopped in half
- 1 piece fresh ginger (2-3"), peeled and sliced
- 2-3 tsp turmeric powder
- 1 TBSP cumin seeds
- 1 TBSP coriander seeds
- 1-2 tsp black peppercorns
- 1 piece of Kombu seaweed (approx 6"x8")
- 2 TBSP celtic sea salt



Bone Broth

Continued

Recipe

- Put everything in a large instant pot, except salt. Fill water up to the max line. Close lid and pressure cook on high for 1 hour.
- Release pressure, open the lid, and mash all ingredients with a potato masher. The chicken bones will start to disintegrate. Everything should get all mushy. Close lid and pressure cook again on high for 30 more mins.
- Release pressure, then strain through a mesh sieve into a bowl. VERY IMPORTANT:
- Once the strainer gets full of the pulp, take your potato masher and mash it until it's dry. All of this extra juice from the bones and veggies gives the broth a delicious flavor and extra nutrients.
- Once all the bones, water, and vegetables have been strained and pressed, add the salt. It takes way more salt than you would think. I use 1 TBS Celtic sea salt per 14 cups of broth.
- You can put it in jars, let it come to room temp, then refrigerate. If you plan to freeze, I recommend using silicone bags or plastic tubs, Jars can crack in the freezer.

1-minute Tutorial Video

[Short VIDEO](#)



12-minute Tutorial Video

[YouTube VIDEO](#)



Stove Top Instructions

For Stovetop instructions, refer to the YouTube Video



Savory Congee

Ingredients

- 16 cups pure water
- 1 cup white basmati rice
- 1/4 cup ghee
- 1-2 tsp fresh grated ginger
- 1 clove garlic, minced
- 1/2 tsp black pepper
- 1/2-1 tsp turmeric
- 1/2-1 tsp crushed coriander (whole seeds crushed or powder)
- 1/2-1 tsp cumin seeds (crushed)
- 1- 2 tsp Celtic sea salt
- Fresh cilantro to garnish

Recipe

- Soak rice 8-10 hours (this process is recommended but can be skipped if short on time). Discard soaking water before cooking.
- Rinse the rice - pour water over rice and stir, rinse and repeat two more times.
- Cooking instructions: Bring 16 cups of water and the rice to a boil in a large, wide-bottomed pot.
- Reduce heat to simmering without a lid, stirring occasionally for about 45 mins to 1.5 hours, until it's a thick consistency.
- Meanwhile, heat ghee on med to med-low. Add the turmeric, crushed coriander and cumin seeds. Add the black pepper. Cook on med-low heat for about 2 minutes, just until the cumin seeds release their flavor, don't let them get too dark (happens quickly). Then take off of the heat and add in the minced garlic clove and freshly grated ginger.
- Add the ghee with spices to the rice. Add the salt. Top with cilantro.
- Serve just like this, or top with vegetables and/or broth.

[WATCH VIDEO](#)





Sunshine Oatmeal

Ingredients

- 2 cups Oats
- 1 TBSP Ghee
- 2 Cans Coconut Milk (or 1 can coconut milk and one can water)
- 3/4 tsp cinnamon
- 1/2 tsp cardamom
- 1/4 tsp nutmeg
- 1 bay leaf
- 1 tsp almond extract
- 1 tsp vanilla extract
- Pinch of celtic sea salt
- Zest of one orange
- 1/4 C raisins
- Toasted pecans or walnuts for garnish
- Toasted shredded coconut (large ones)
- 3 TBSP maple syrup
- Drizzle of milk (cow or almond is best)

Recipe

- Heat a wide bottom saucepan and add the ghee over medium heat.
- Once the ghee is warm, add cinnamon, cardamom and nutmeg.
- After about 1-2 minutes, add the oats and cook in ghee and spices until slightly toasted, about 3-4 more minutes.
- Pour in the coconut milk (and/or water), zest, salt, bay leaf and raisins. Bring to a boil, then cover and simmer on low heat for 5-10 minutes until oats absorb the moisture.
- When finished absorbing, add the vanilla, almond extract and maple syrup.
- Top with toasted nuts and a drizzle of milk on top.

[WATCH VIDEO](#)





Dilled Vegetables

Ingredients

- 1 medium zucchini
- 1 large carrot, or 2 medium carrots
- 1 bunch of asparagus
- 1 Tbs , freshly chopped dill
- 2 -3 TBS ghee
- ½ - 1 tsp Celtic sea salt

Recipe

- Prepare the vegetables. Peel and cut the carrots into ¼" rounds. Cut the zucchini into 1" triangle shapes. Trim off the woody bottoms of the asparagus and cut the edible parts into 1" pieces.
- Fill a medium pan with about 2" of water and put a steaming basket in the pan. Cover and bring the water to boil.
- Add the carrots and the firm pieces of asparagus, cook for about 3-4 minutes, or until they are cooked about halfway when you check them with a fork.
- Add the zucchini and asparagus tips and cook for another 4-5 minutes, or until the vegetables are al dente, almost fully cooked.
- Once the vegetables are ready, take them off the stove and lift the steamer basket out of the pan and place it on the counter to allow the vegetables to cool down and stop cooking.
- Recipe Pour the water out of the pan and dry it with a napkin or towel.
- Melt the ghee over medium-low heat. Add the vegetables and saute for one minute.
- Add the dill and salt, stirring for 1 more minute, very gently so as to not break up the vegetables.
- Serve over congee with a drizzle of bone bone broth.



Banana-Almond-Chocolate Chip Lactation Mini-Muffins

Ingredients

Dry ingredients:

- 1 ½ C almond flour
- 1 C flour (white, sprouted wheat or gluten-free flour)
- 1 tsp baking soda
- 1 tsp baking powder
- ½ tsp salt

Wet Ingredients:

- 3 eggs
- ⅓ cup butter softened
- ⅓- ½ C maple syrup
- 3-4 overripe bananas (about 1.5 cups mashed)
- 1TBS almond extract
- 1C mini chocolate chips
- ¾ C sliced almonds (optional)

Recipe

- Preheat oven to 350. Spray a mini-muffin tin with coconut oil cooking spray (or rub with butter). Be sure to grease the surface of the pan as well.
- Mash the bananas on a plate with a fork or potato masher.
- In a medium sized bowl, combine the dry ingredients until thoroughly mixed.
- In a separate bowl, beat the melted butter (making sure it's not hot or it will cook the eggs), eggs, bananas and maple syrup with an electric mixer on medium-high speed until it looks creamy, about 1-2 minutes.
- Stir in the almond extract.
- Stir the wet ingredients into the dry ingredients, slowly by hand. Be careful not to overmix the batter.
- Spoon, put about 1.5 TBS of batter in each muffin cup, or to the top of each muffin cup.
- Gently press a few sliced almonds on top of each muffin,
- Bake for 16-18 minutes, or until you see them getting nice and golden on the edges and a toothpick inserted in the center comes out clean.
- Let the muffins cool in the muffin tin for about 5 minutes.

[WATCH VIDEO](#)





Stewed Fruits

Ingredients

- 2 ½ - 3 C filtered water
- 6-8 dried prunes (approx ¾ cup)
- 6-8 dried apricots (approx ¾ cup)
- Handful of raisins (approx ⅓ cup)
- 2-3 cloves
- 7-10 cardamom pods (crushed)
- 1 cinnamon stick
- 2-3" piece of ginger, peeled and thinly sliced or grated

Recipe

- Put the filtered water and fruits in a small saucepan.
- Crush the cardamom pods in a mortar and pestle until they are cracked open and the black seeds are released and slightly crushed.
- Put all the spices into a nutbag, cheesecloth, tea bag or a large stainless steel tea ball. Add the bag of spices to the water.
- Bring the dried fruits, water and spices to a boil, then turn the heat to low, cover and simmer on very low heat for about 30-40 mins. Turn off heat and let the fruit sit in the pot for as long as possible to absorb the spiced water. The longer you let them steep, the stronger and sweeter the syrup will be. 1 hour minimum.
- Add more water if it dries up. Let cook in water until a syrup forms again.
- Take the spice bag out of the pot.
- Store in the fridge in an airtight container for up to 7 days.
- Serve warm.

[WATCH VIDEO](#)





CCF Tea

Ingredients

- 8 C water
- 1 tsp Coriander Seeds
- 1 tsp Cumin Seeds
- 2 tsp Fennel seeds

Recipe

- In a large pot, bring water and seeds to a boil. Once it boils, turn the heat to very low or off, cover, and let the tea steep for 20 minutes.
- Reheat it to a boil just so it's nice and hot, then strain it into a carafe for the mama to drink throughout the day or night.
- This tea should be consumed throughout the day to support healing and encourage milk production.

“To go” version

- Make the seed mixture in bulk quantity by stirring 1/4 cup coriander seeds, 1/4 cup cumin seeds and 1/2 cup fennel seeds in a bowl or jar.
- Using the individual loose-leaf tea bags, add 2 tsp of CCF mixture to each bag and seal.
- Plan to bring 15-20 bags with you to the hospital or birth center.

[WATCH VIDEO](#)





Turmeric Lactation Tea

Ingredients

- 2 ½ C water (filtered)
- 20-25 cardamom pods, cracked and crushed
- 1 - 2" piece of ginger, peeled and sliced
- 1 cinnamon stick (3-4" long)
- 2 tsp fennel seeds
- 3 cloves
- 8 black peppercorns
- ½ tsp fenugreek seeds
- ½ tsp turmeric powder
- Pinch of saffron threads
- 1-quart whole-fat or raw cow milk*
- 3 TBS pure maple syrup (or to taste)
- 1 tsp ghee (optional)
- Pinch of nutmeg

Recipe

- Pour 2.5 cups of filtered water into a medium saucepan.
- Crush the cardamom pods with a mortar and pestle and add to the water.
- Add all the remaining spices except for the saffron.
- Bring spices to a boil then turn the heat down to low and simmer for 15-30 minutes, until the water is reduced to ½-1 cup in quantity. The longer you boil it, the stronger the flavor will be. If you boil it so long that the water dries up too much, just add a little more water and simmer it again for 2-3 minutes.
- Add four cups of milk and a pinch of saffron.
- Bring milk just to a boil, then immediately reduce the heat to low and let simmer for 2-5 minutes longer.
- Add the maple syrup.
- Strain into a mug, sprinkle with a pinch of nutmeg, add a dollop of ghee and enjoy!

[WATCH VIDEO](#)



Post-Birth Recovery Meal Plan

Ingredients & Amounts

MEAL KEY							
Bone Broth	Sunshine Oatmeal	Lactation Tea	Savory Congee	Dilled Veggies	CCF Tea	Stewed Fruits	Lactation Muffins
BB	SO	LT	SC	DV	CCF	SF	LM

Ingredients

Herbs & Spices

NAME	TOTAL AMOUNT	AMOUNTS PER MEAL							
		BB	SO	LT	SC	DV	CCF	SF	LM
Basil	1 TBSP	1 TBSP							
Thyme	1 TBSP	1 TBSP							
Oregano	1 TBSP	1 TBSP							
Fenugreek Seeds	½ TSP			½ TSP					
Marjoram	1 TBSP	1 TBSP							
Saffron	7-10			7-10					
Black Peppercorns	18	10		8					
Celtic Salt	3 ½ TBSP	2 TBSP	¼ TSP		2 TSP	1 TSP			½ TSP
Turmeric	1 ½ TSP			½ TSP	1 TSP				
Coriander	13 TSP				1 TSP		12 TSP		
Cumin Seeds	13 TSP				1 TSP		12 TSP		
Fennel Seeds	½ Cup			2 TSP			24 TSP		
Cinnamon (Sticks)	¼ TSP / 3		¼ TSP	1 stick				1 stick	
Nutmeg	½ TSP		¼ TSP	¼ TSP					
* Cardamom (Pods)	½ TSP / 24		½ TSP	12-14				7-10	
Cloves	6			3				2-3	
Bay Leaf	1		1						
Dill	1 TBSP					1 TBSP			
Rosemary	2-3 Sprigs	2-3 Sprigs							
Parsley	Handful	Handful							

*You will need 24 cardamom pods for LT and 1/2 teaspoon of cardamom powder for SO.

Post-Birth Recovery Meal Plan

Ingredients & Amounts

Baking

NAME	TOTAL AMOUNT	AMOUNTS PER MEAL							
		BB	SO	LT	SC	DV	CCF	SF	LM
Eggs	3								3
Butter	½ Cup								½ Cup
Ghee	9 TBSP		1 TBSP	1 TBSP	¼ Cup	2-3 TBSP			
Almond Extract	4 TBSP		1 TSP	1 TBSP					
Vanilla Extract	1 TSP		1 TSP						
Baking Powder	1 TSP								1 TSP
Baking Soda	1 TSP								1 TSP
Oats	2 Cups		2 Cups						
Shredded Coconut	1 TSP		1 TSP						
Raisins	1 Cup		¼ Cup					½ Cup	
Coconut Milk	2 Cans		2 Cans						
Pecans	2-3 TSP		2-3 TSP						
Walnuts	2-3 TSP		2-3 TSP						
Mini Choc. Chips	1 Cup								1 Cup
Maple Syrup	1 Cup		3 TBSP	3 TBSP					½ Cup

Produce, Protein & Non-perishables

NAME	TOTAL AMOUNT	AMOUNTS PER MEAL							
		BB	SO	LT	SC	DV	CCF	SF	LM
Orange	1		1						
Ginger (Root)	6" Piece			1-2"	1-2 TSP			2-3"	
Basmati Rice	1 Cup				1 Cup				
Dried Apricots	¾ Cup							¾ Cup	
Dried Prunes	¾ Cup							¾ Cup	
Garlic	2 Heads	1 Head			1 Clove				
Onion	1	1							
Celery (Stalks)	2-3	2-3							
Carrots (Whole)	2-3	2-3							
Zucchini	1					1			
Asparagus	1					1			
Bananas	3-4								3-4
Chicken Bones	2 ½ - 3LB	2 ½-3 LB							

*One piece of Kombu seaweed, approx 6x8"

Post-Birth Recovery Meal Plan

General Grocery List

Non-Perishables:

- | | | | |
|---------------------------------------|--|-------------------|--|
| Fats | ☐ Ghee | Sweeteners | ☐ Pure maple syrup |
| | ☐ Butter | Spices | ☐ Celtic sea salt (fine ground) |
| Baking | ☐ 2 cups oats | | ☐ Turmeric powder |
| | ☐ Almond flour (1.5 cups) | | ☐ Coriander seeds |
| | ☐ White flour (or gluten free) | | ☐ Cumin seeds |
| | ☐ Baking soda | | ☐ Cinnamon powder |
| | ☐ Baking powder | | ☐ Cardamom pods |
| | ☐ Mini chocolate chips | | ☐ Nutmeg powder |
| | ☐ Vanilla extract | | ☐ Whole cloves |
| | ☐ Almond extract | | ☐ Cinnamon sticks |
| | ☐ Shredded coconut, unsweetened | | ☐ Black peppercorns |
| Canned goods | ☐ 2 cans full-fat coconut milk | | ☐ Dried thyme |
| Nuts, seeds, & dried fruit | ☐ Sliced almonds (3/4 cup) | | ☐ Dried basil |
| | ☐ Pecans (1/2 cup) | | ☐ Dried oregano |
| | ☐ Raisins (1/3 cup) | | ☐ Dried marjoram |
| | ☐ Dried Prunes (1 cup) | | ☐ Dried rosemary |
| | ☐ Dried Apricots (1 cup) | | ☐ Fennel seeds |
| Grains | ☐ Basmati rice (1 cup) | | ☐ Fenugreek seeds |
| Bones | ☐ 2-2 1/2 - 3 lbs Chicken backs & necks | | ☐ Saffron threads |
| | ☐ 1 lb Chicken feet | | ☐ Bay leaves |
| | | | ☐ Kombu seaweed |

Post-Birth Recovery Meal Plan

Grocery List

Perishables:

Produce

- ☐ 1 orange
- ☐ Ginger root (4-6" piece)
- ☐ 3-4 medium carrots
- ☐ 1 bunch cilantro
- ☐ 3-4 bananas (overripe)
- ☐ 2 celery stalks
- ☐ 2 heads garlic
- ☐ 1 onion
- ☐ 1 bunch asparagus
- ☐ 1 zucchini
- ☐ Fresh dill

Refrigerated

- ☐ 3 eggs
- ☐ 1/2 gallon milk of choice



ALTERNATIVES TO BRINGING YOUR OWN FOOD

If you are not able to bring your own food to the hospital, then my suggestion is to use the Mother Principles for Nourishment when choosing items off the cafeteria menu.

5 Principles For Nourishing A Postpartum Mother

- 1- WARM FOOD AND BEVERAGES ONLY
- 2- NUTRIENT-DENSE FOOD + BEVERAGES ONLY
- 3- EASY-TO-DIGEST FOOD AND BEVERAGES ONLY
- 4- FRESHLY MADE WITH LOVE
- 5- SERVED TO THE MOTHER IN BED

Good menu choices

Breakfast:

Oatmeal
Cream of Wheat
Cream of Rice
Scrambled eggs
Omelet
Hard-boiled eggs
Herbal Tea

Lunch and Dinner:

Cooked vegetables:

Green beans
Sautéed zucchini or yellow squash
Asparagus
Carrots
Mushrooms
Avoid broccoli, cauliflower and cabbage

Soups and Stews:

Chicken noodle soup, chicken and wild rice, clam chowder,
Organic broths (if they have it): Beef, Chicken or Vegetable

Hot Sandwiches:

Paninis
Grilled chicken sandwich
Grilled cheese sandwich
Avoid Cold sandwiches and salads

Entrees:

Stir-fry
Meatloaf
Grilled or baked Fish dishes

Starches:

White rice
Mashed Potatoes
Baked Potatoes

What will you eat next?

Now that your first 3 days after birth will be deeply nourishing, you'll want to continue eating this way during the first vulnerable two weeks postpartum!

I've got you covered!

The PostPartum Freezer Plan

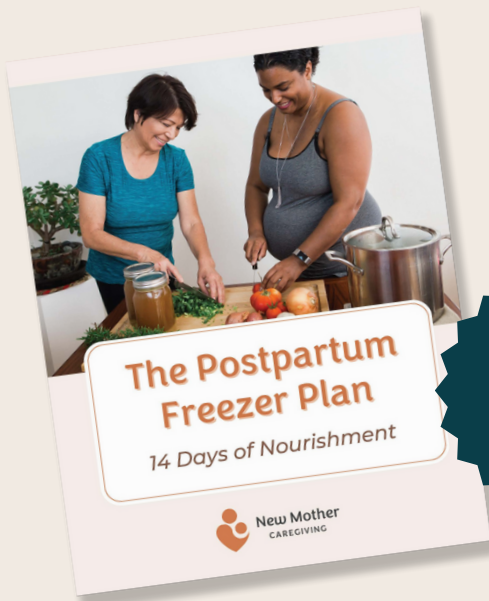
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