

Nutrition

This is the first and most important part of your postpartum healing journey. Prepare as much as you can before the arrival of baby. For the first 40 days eat only warm food. Avoid iced and very cold foods. If you are able to cook and freeze enough food for the first week or so, it will help you feel prepared. Have your kitchen well stocked before baby arrives.

***Only you know what you are allergic to or what special dietary needs you have. Please alter these recipes to suit your needs.**

****Avoid GINGER for 10 days to 2 weeks if you have a lot of bleeding. Ginger will increase blood flow.**

Refer to recipes that contain specific herbs and spices for these menus.

Day 1 to 3 - simple and easy to digest

Bone broth - as much as you want. Make alternative broth for vegetarian diet.

Congee (rice porridge) mixed with stewed fruit

Hard boiled eggs, garlic eggs ok if you like

3 prunes, 3 dried apricots, 6 almonds

As much herbal tea as you like - suggest three 32 oz. mason jars, per day, all 40 days and beyond if needed - See Tea options and their benefits.

Day 4 & 5, everything from the first few days and you can add:

Simple soups

Add variety with oatmeal porridge instead of congee or stick to congee, add stewed fruits, especially prunes and dates. You may also make savory congee recipes.

Custards

Day 6 - 40 - everything you have already been eating and you can add:

Heartier soups and stews

Buddha Bowls

Roast Chicken

Room temperature smoothies (not cold)