



Healing Postpartum Meal Ideas

Warm & Nourishing Breakfasts

Oatmeal with cinnamon, flaxseeds, and berries
(supports digestion and hormone balance)

Warm chia pudding with coconut milk and dates
(gentle on digestion and full of good fats)

Egg and veggie scramble with avocado on sourdough
toast

Bone broth-infused rice porridge (congee) with ginger
and shredded chicken

Protein-Rich, Healing Lunches & Dinners

Slow-cooked bone broth soups with shredded chicken,
veggies, and turmeric

Lentil or chickpea stew with coconut milk, cumin, and
ginger

Shepherd's pie with sweet potato mash (rich in iron and
fiber)

Salmon with roasted root vegetables (supports tissue
repair and brain health)

Brown rice and black bean bowl with avocado and
cilantro





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Warming & Hydrating Soups

Golden turmeric carrot soup

Butternut squash and ginger soup

Miso soup with tofu, mushrooms, and seaweed (great for gut healing and minerals)

Chicken and wild rice soup with garlic and thyme

Iron-Rich & Replenishing Snacks

Homemade energy bites with dates, nuts, and seeds

Warm spiced almond milk with honey and cinnamon

Nut butter on whole grain toast with banana

Stewed apples with warming spices (helps digestion and supports postpartum recovery)

Hydration & Healing Drinks

Warm herbal teas (red raspberry leaf, nettle, fennel for milk production & minerals)

Bone broth (great for tissue healing, gut health, and immunity)

Warm spiced milk with turmeric and honey

Coconut water with a pinch of sea salt (replenishes electrolytes)

