



Mindful Family Wellness

Rebecca Gordon
NC Licensed Nutrition & Birth Services
info@MindfulFamilyWellness.com
704-775-9300

Postpartum Meal Ideas

Requests Accepted

Breakfasts

Frittata with assorted veggies/meats/cheese
Overnight oats w/fruit
Peanut Butter Banana Baked Oatmeal
Yogurt Parfait
Egg Bite
Sour Dough Blueberry Pancakes

Soups and Stews

(made with homemade bone broth)

Chicken and Rice Soup
Beef/turkey Chili
Vegetarian Chili (vegan)
Chicken Tortilla Soup
Turmeric & Ginger Squash Soup (vegan)
Beef and Barley Soup
Turkey Meatball Soup
Lentil Soup (vegan)
Minestrone (vegan)
Beef Stew
Miso Soup w/tofu and seaweed (vegan)

Casseroles

Baked Ziti (has cheese)
Shepards Pie
Sweet Potato Shepards Pie
Creamy White Chicken Enchiladas (has cheese)
Homemade Hamburger Helper (has sour cream)
Chicken and Broccoli Casserole

Entrees

Roasted Chicken and Veggies
Meat Loaf
Stir Fry w/ rice or noodles - your choice of protein
Coconut Curry Shrimp with Broccoli
Chicken and Veggie Orzo
Honey Mustard Chicken
Sausage and Kale Stuffed Squash
Pesto Chicken with Potatoes and Veggies

Dijon Baked Salmon
Coconut Curry Chicken
Rosemary Balsamic Chicken w/ Bacon & Apples
Taco Bar (choice of protein, homemade Pico de Gallo and queso)
Meatballs or Meat Sauce with Pasta

Salads

Chicken Salad
Tuna Salad
Apple Cranberry Slaw
Garden Salad with your choice of homemade dressing
Lentil Chopped Salad w/ Honey Walnut Dressing
Soba Noodle Salad w/Spicy Almond Dressing
Broccoli Salad
Kale Chopped Salad w/Lemon Tahini Dressing
Greek Chickpea and Feta Salad
Buddha bowl

Miscellaneous

Cut up veggies
Hummus
Lemon Tahini Dip
Roasted veggies
Roasted Sweet Potatoes
Cucumber and Herb Yogurt Dip

Baked Goods and Treats

Banana Bread (or muffins)
Pumpkin Bread (or muffins)
Oatmeal Pumpkin Chocolate Chip Muffins
Energy Balls
Chia Pudding
Lactation Cookies
Any kind of muffin
Any kind of scone
Chocolate Chip Cookies
Oatmeal Cookies