

# NOURISH YOU

## SAMPLE MENU

I USE ALL ORGANIC,  
PASTURE RAISED,  
GRASS FED MEATS AND  
PRODUCE WHEN  
POSSIBLE.  
CONTACT ME FOR AN  
INGREDIENT LIST.

## MONDAY

Oatmeal with fixings  
Bacon

BREAKFAST

Chicken Soup  
Lactation Cookies

LUNCH

Beef Stew

DINNER

## TUESDAY

Fritta

BREAKFAST

Squash Curry Soup  
Kale Salad

LUNCH

Roasted Chicken with  
Root vegetables

DINNER

## WEDNESDAY

Hemp chia pancake  
with bacon

BREAKFAST

Quinoa Salad  
Lactation Cookies

LUNCH

Meat Loaf  
Roasted Potatoes

DINNER

## THURSDAY

Meat and Veggie  
Omlette

BREAKFAST

Chicken pot pie and  
arugula salad

LUNCH

Oxtail Stew  
Baguette  
Date Roles

DINNER

## FRIDAY

Roasted Root Vegetables  
and Poached eggs

BREAKFAST

Nicoise Salad

LUNCH

Chicken and Rice  
Kale Salad

DINNER

Lactation and healing snacks and teas are prepared upon request.