

# Postpartum Meals

## Breakfast

- [Breakfast Burritos](#)
- [Baked Oatmeal](#)
- [Chia Pudding](#)
- [Carrot Sheet Pan Pancakes](#)
- Protein Smoothie Bowl
- Greek Yogurt Parfait
- [Quiche](#)

## Drinks

- [DIY electrolyte drink](#)
- Bone broth
- Matcha latte with collagen
- Chai latte with collagen
- Kombucha
- Herbal tea

## Lunch & Dinner

- [Sweet Potato Lentil Soup](#)
- [Chicken Wild Rice Soup](#)
- [Salmon Chowder](#)
- Tamales
- [Tom Kha with Rice](#)

## Snacks

- [Date Balls](#)
- [Pumpkin Protein Muffins](#)
- [Gelatin "gummies"](#)
- [Peanut butter oat cups](#)
- Smoked oysters & plantain crackers
- Cheese & almond crackers
- Almonds, pistachios & walnuts
- Chomps beef stick
- Dried mangoes & dates
- RX Bars
- Peanut butter protein bars
- Smoked salmon
- Cottage cheese + everything but the bagel
- Fresh veggies & hummus
- Apple, almond butter, hemp hearts, cinnamon
- Fresh fruit bowl
- [Minestrone](#)
- [Lettuce Wraps](#)
- [Veggie burgers](#)
- [Thai Chicken Meatballs](#)