

A person's hands are shown holding a Polaroid photograph of an ultrasound scan. The scan shows a fetus in a womb. The background is a soft-focus image of a baby wrapped in a pink blanket. The entire image has a light blue overlay.

The private Chef
NOURISHMOMS

This is about making sure that a mom's body recovers from the very demanding 9+ month journey it just went on!

 @lalaesperanza

With love 

- After countless hours of research, creativity, and combining a wealth of beneficial ingredients, we proudly present our extraordinary product: ***A personalized menu that seamlessly merges the richness of Latino-American postpartum diet, the wisdom of Chinese postpartum traditions, and the nourishing some principals of the FOODMAP diet.***
- This meticulously crafted menu is exclusively designed to provide new mothers with a swift recovery and to enhance their breastfeeding journey. We understand the immense importance of postpartum care and nutrition, and we have poured our hearts into creating a menu that offers both quick recovery and optimal support for breastfeeding.
- We dedicated extensive effort to curating a diverse range of nutrient-rich ingredients that synergistically combine the best of these three dietary traditions. By blending the flavors, nutritional benefits, and healing properties of these cultures, we have carefully formulated an incredible menu to empower mothers on their postpartum journey.

to all of our New incredible mamas

XXX

NOURISHMOMS



Special menu to warm you up during your first week after welcoming a new BUBBA into this world.

Nourish Moms

We understand the importance of nourishment and self-care during this precious time, and our thoughtfully curated menu is designed to provide you with the essential nutrients and flavors that contribute to a successful breastfeeding experience.

In addition to the culinary delights, we have also included lactation-supportive snacks and beverages to help you stay hydrated and promote lactation naturally. Our menu is thoughtfully designed to offer a balance of flavors, textures, and nutritional benefits, ensuring that each meal provides nourishment, comfort, and enjoyment.

By choosing our Nourishing moms, you can rest assured that you are receiving meals specifically tailored to support your breastfeeding journey. Allow us to be your culinary companion during this special time, providing you with the nourishment you need while you focus on the beautiful bond with your little one.



Private Chef

I AM SANDRA

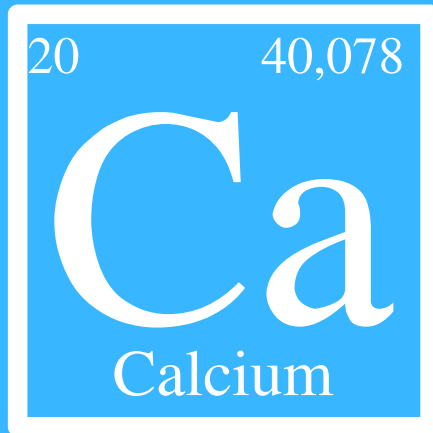
I am a skilled and passionate meal prep chef with a dedicated focus on creating delicious and nutritious meals tailored to special dietary needs. With extensive experience in the culinary industry, I have developed a deep understanding of various dietary restrictions and take pride in crafting meals that are both satisfying and aligned with individual health goals.

Throughout my career, I have honed my expertise in catering to a wide range of special diets, including but not limited to gluten-free, vegan, vegetarian, paleo, and keto. By combining my culinary creativity with an in-depth knowledge of specialized ingredients and cooking techniques.

What sets me apart is my unwavering commitment to personalization. I firmly believe that healthy eating should never compromise on taste or variety. That's why I founded Nourishmoms, aiming to support mothers in their recovery after giving birth. As an immigrant, I understand how challenging it can be to have family support from overseas during this crucial time. Therefore, I established Nourishmoms to provide the much-needed assistance and nourishment. I believe that food plays a pivotal role in the recovery process and is essential for successful breastfeeding.







Vitamin B6

Thiamin

Folate

Indulge in our specially curated menu, infused with an array of super food ingredients carefully selected to support and nourish you throughout your breastfeeding journey. Each dish is thoughtfully crafted to provide optimal nutritional benefits and promote overall well-being. Here are some of the super food ingredients we incorporate into our menu:

Chia Seeds: Loaded with omega-3 fatty acids, fiber, and antioxidants, chia seeds are known to enhance brain health and provide a sustainable energy source.

Leafy Greens: Nutrient-dense greens such as spinach, kale, and Swiss chard are rich in vitamins A, C, and K, iron, and calcium, offering vital nourishment for both you and your little one.

Tuna: Packed with omega-3 fatty acids, protein, and vitamin D, tuna promotes brain development in infants and supports postpartum recovery for mothers.

Almonds: These nutrient-dense nuts are rich in healthy fats, fiber, and vitamin E, offering satiety, nourishment, and support for optimal brain function.

Turmeric: Known for its anti-inflammatory properties, turmeric adds a vibrant touch to dishes while supporting overall wellness and immune function.

Lentils: High in protein, fiber, and iron, lentils provide essential nutrients to promote energy levels, support postpartum recovery, and enhance milk production.

Ginger: Relieve inflammation, has anti-inflammatory properties, which may help reduce inflammation in the body. This can be particularly helpful if you have any postpartum discomfort or swelling.

Barley: It is a nutrient-rich grain that offers several benefits for breastfeeding mother,sustained energy,is also considered a galactagogue, which means it can help stimulate milk production.

Almonds: Consuming almonds can help provide these essential fats to support your baby's cognitive development

Goji Berries: Rich in antioxidants, including carotenoids, which help protect cells from damage caused by free radicals. This antioxidant activity contributes to overall health and well-being.

Cinnamon: is a warming spice that can help regulate blood sugar levels and enhance insulin sensitivity. It adds a delightful flavor to meals and may contribute to a more balanced energy level throughout the day.



Menu

Meals

2 Serves

- **Vegetable & Red Lentil Soup**

Red lentils, turmeric, seasonal veggies, coconut, tomato, ginger, cumin and garlic. (Vegan, Vegetarian and GF)

- **Leafy Green Calcium Revive**

Kale, Spinach, parsley, walnuts, onion and peas (Vegan, Vegetarian and GF)

- **Multigrain congee with veggies**

Brown Rice, Black Rice, Barley, quinoa, carrots, onion

- **Chicken & Asparagus Stir-fry**

Chicken, Asparagus, onion, ginger, garlic, sesame oil, Tamari sauce, drizzle with black sesame on top. (GF)

- **Chicken and corn soup with ginger**

Chicken, corn, ginger, eggs, onion, carrot Spring onion (GF)

- **Patties tuna with green Beans Stir-fry**

Tuna, eggs, seasonal veggies, almond flour. green beans, garlic, onion, ginger and Tamari sauce. (GF)

Snacks

- **8 oats & cinnamon LactaBites Cookies**

Oats, cinnamon, honey, eggs, peanut butter and flax seeds

- **8 almonds & dates Nourish Bliss Balls**

Almond flour, dates, vanilla, hemp seeds, berries, coconut and sprinkles.

- **6 Quinoa and vegetables mini frittatas slices**

Eggs, quinoa, seasonal veggies, garlic and onion.

- **Mama's Little Helpers Granola**

Oats, pepitas, honey, cinnamon, chia, coconut oil, Goji berries, sunflower seeds

- **BarleyMama Shake**

Barley, honey, cinnamon, coconut oil, Goji berries and nutmeg

Process

3 simple steps

1

Book our service just before your due day and simply leave your house key in our capable hands. From there, you can trust us to take care of everything else.

2

From cooking to packing, right in the comfort of your own kitchen. After preparing your meals, we leave your kitchen spotless and everything ready just before your arrival.

3

Enjoy your food and take care.



Equipment You'll Provide

Kitchen

We created the menus based on essential items a kitchen should have. Below is a checklist in order to have a successful cooking day. Feel free to contact us in case you don't have one of them.

- Containers (16 Medium)
- Rice cooker
- Air-fryer
- Oven
- Chopping Board
- Microwave
- Refrigerator and freezer
- Dishwasher
- Pans
- Pantry
- Peelers
- Rubbish Bin
- Baking Tray
- Baking Paper
- Salad & Vegetable Spinner Washer
- Cleaning utensils
- Kitchen paper
- Spoons- tongs
- Spatula
- Wooden spoons
- Bowls
- Baking trays or baking pots
- Tea towels
- Salt
- Olive oil or avocado oil
- Pepper
- Special Herbs if you have fav.



\$450 + GST

6 meals (2 serves each)

5 snacks

"The service is based in Melbourne, and depending on the area, a transport fee may apply."