



Post-Renewal Foods for Mom

A Catered Opportunity After Giving Birth

This food acts like medicine for mom after birthing. After giving birth, mom needs the most nourishing food possible essential for her and her baby's digestion. She needs nourishment to help bring her back quickly to her normal energy levels. In addition, she'll want to promote the healthiest milk possible for her new baby. The following foods given to her in the first week after birthing her new baby will put her mind at ease and help her relax knowing she's being taken care of. These foods will help promote the most exquisite mother's milk possible and strengthen her nervous system assisting her to bounce back quick and ready for action!

These are special yogic foods specifically intended for moms after giving birth. They help promote milk production, nurture her back to her normal energy levels and help her digestion within the first few days after birthing. Many of these foods stem from a yogic tradition in India. In the critical time after birth, of establishing the supply and demand of her breast milk and setting the rhythm of feeding her new baby, having these foods will help her relax so her milk will let down with ease helping her new baby begin to digest their food regularly and receive the best nutrition possible as they begin the act of balancing the milk supply together.

After giving birth, mom is exhausted and depleted. It is a crucial time for mom to eat key foods, which will best promote her energy, digestion and milk production. Providing food that will nourish her back to her normal energy levels will lift her spirits making it possible for her to rest and renew. At ease, she will then be able to focus on the task at hand: Finding the perfect rhythm with her new little one.

Special Foods Cooked for a New Mother's Energy, Digestion and Milk Production:

- **Ginger Curry (6-8 servings – to be served hot over a bed of rice)** Strengthens mom's energy back after giving birth. To be eaten by mom right after birth as soon as she is ready. It's for her nervous system energy after getting it getting depleted from her birthing process.
- **Beet and Carrot Casserole (9"x13" Pan - 8-10 servings – served warm)**, to kick start mom's digestion and in turn assisting baby's digestion. Good for a main course or integrated into your meals in the first week after delivery.
- **Special Homemade Vanilla Tapioca (9"x13" Pan – served warm)**, optional nuts or raisins added. Can be eaten anytime moms hunger pangs strike. Hits the spot. Tapioca is excellent for milk production.
- **Seasonal Vegetables Prepared for Steaming (8-10 servings - steam for 17 minutes)** Fresh steamed vegetables are great for digestion and healthy milk. Serve over Basmati Rice and drizzled with the high protein Tahini Dressing (included).
- **Baked Lemon Tofu (3/12oz packs), Basmati Rice (one 9x13" Pan – Serve warm) - Both ready to be served with the Ginger Curry, Beet Casserole and/or Steamed Vegetables with the Tahini Dressing (one quart)** Full of protein.
- **Mother's Soup (10-15 servings)** The magical combination of a broth soup with carrots, celery, onion, ginger and protein. Nourishing and healing for mom to help her energy, milk production and hydrate her for better digestion in turn helping baby's digestion (this broth type soup is also good for mom to lose weight after birthing).
- **Sautéed Almonds in ghee and honey (seven servings for seven mornings after birth)** To help the uterus.
- **The Nursing Mother's Drink (seven drinks for seven days after birth – serve warm)** Enriches her milk supply and encourages milk production. A lightly sweetened combination of milk, blanched almonds and ghee. Have it for a mid-morning snack.
- **Twice Baked Potatoes - Ranch Style (1 dozen – To be heated in oven for 25 minutes @ 350 degrees)** For the whole family – Comfort food to go with the Baked Tofu and Steams.
- **Yogi Tea (2 gallons raw)** A tonic for the nervous system for energy, digestion and milk production
Add 1/3 cup milk to 2/3 cup raw yogi tea and bring to boil or microwave. Add sweetener if desired. The ingredients of Yogi Tea are divine. All original spices are boiled together. Black pepper is a blood purifier. Cardamon is for the colon. Together, they support the brain cells. Cloves are for the nervous system. Cinnamon is for the bones. Ginger adds flavor, is strengthening to the nervous system, and is very good if you are suffering from any physical weakness.

Cost: \$300 - Includes all food, shopping, preparation and delivery near time of birth. This food is for moms first week after birthing. The Yogi Tea and the tapioca may last into the second week.

If you are interested in having these foods cooked for you right after you birth, let me know the projected date of your baby's birth. At the onset of your labor, call me so I can prepare your food in a timely manner: Atma K. Khalsa, KRI Certified, R.Y.T., Yoga Healing - 951-696-9063 ext. 105 www.yogatemecula.com. Please have check payable to Object Radiance, Inc. upon receipt of your food.

Atma K. Khalsa, KRI Certified, R.Y.T. Yoga Instructor with 25 years experience in yoga. She has taught cooking classes for through the Temecula Community Rec Center and her home-based yoga center, Yoga Healing. She was nurtured with these foods with both her children so she knows the benefits first hand. She is offering these special healing foods by the popular demand of moms after birth.

This is not intended as medical advice. The benefits attributed come from centuries old yogic tradition. Its intent is to assist mother back to her normal energy levels after birthing and help assist her milk production and digestion. Please consult a health professional whenever in question.