

POSTPARTUM SUPERFOODS

- bone broth (soups/stews, curries)
- slow cooked meat (pulled pork, pot roast, etc)
- liver (hide in in meatballs, meatsauce, lasagna, soup)
- eggs (pasture-raised)
- seafood
- grass-fed beef
- nuts/seeds
- cooked vegetables
- cooked grains/starches (oatmeal, sweet potatoes, rice)