

# Week-by-Week Recovery

Your body has been through an incredible transformation, and now it's time to heal, restore, and nourish from within. Our postpartum meal service is thoughtfully designed around four phases of recovery following Traditional Chinese Medicine (TCM), with each week focusing on a different stage of healing.



Recovery Week:	Week 01	Week 02	Week 03	Week 04
<b>Focus:</b>	Expel Lochia & Support Digestion	Boost Milk Supply & Gentle Warming	Replenish Blood & Restore Energy	Strengthen the Body & Complete Recovery
<b>Support:</b>	<ul style="list-style-type: none"> <li>Promoting the natural clearing of lochia</li> <li>Supporting gentle digestion and nutrient absorption</li> <li>Warming the womb and abdomen</li> <li>Relieving postpartum discomfort</li> </ul>	<ul style="list-style-type: none"> <li>Supporting healthy milk production</li> <li>Continue gentle warming to strengthen the body</li> <li>Helping ease tension and fatigue during early breastfeeding</li> </ul>	<ul style="list-style-type: none"> <li>Rebuilding blood after childbirth</li> <li>Restoring strength and physical energy</li> <li>Supporting circulation and tissue repair</li> <li>Promoting overall vitality as the body stabilizes</li> </ul>	<ul style="list-style-type: none"> <li>Supporting long-term energy</li> <li>Helping the body transition out of confinement</li> <li>Encouraging balance and sustained wellness</li> </ul>
<b>Soup:</b>	<ul style="list-style-type: none"> <li>Medicinal Chicken Soup</li> <li>Ginseng Chicken Soup</li> <li>Ginger Wine Chicken Soup</li> <li>Ginseng Black Chicken Soup</li> <li>Pork Bone Soup</li> <li>Fish Soup</li> </ul>	<ul style="list-style-type: none"> <li>Medicinal Chicken Soup</li> <li>Ginseng Chicken Soup</li> <li>Ginger Wine Chicken Soup</li> <li>Ginseng Black Chicken Soup</li> <li>Pork Bone Soup</li> <li>Fish Soup</li> </ul> <p><b>New Stage Additions:</b></p> <ul style="list-style-type: none"> <li>Pig Feet Soup</li> </ul>	<ul style="list-style-type: none"> <li>Medicinal Chicken Soup</li> <li>Ginseng Chicken Soup</li> <li>Ginger Wine Chicken Soup</li> <li>Ginseng Black Chicken Soup</li> <li>Pork Bone Soup</li> <li>Pig Feet Soup</li> <li>Fish Soup</li> </ul> <p><b>New Stage Additions:</b></p> <ul style="list-style-type: none"> <li>Meatball Vegetable Soup</li> </ul>	<ul style="list-style-type: none"> <li>Medicinal Chicken Soup</li> <li>Ginseng Chicken Soup</li> <li>Ginger Wine Chicken Soup</li> <li>Ginseng Black Chicken Soup</li> <li>Pork Bone Soup</li> <li>Pig Feet Soup</li> <li>Fish Soup</li> <li>Meatball Vegetable Soup</li> </ul>
<b>Beverage/ Dessert:</b>	<p>Siwu Tang (standard) or Sheng Hua Tang (available upon request)</p> <p>***Given for the first 5-6 days of recovery</p>	<ul style="list-style-type: none"> <li>Various Apple Beverages</li> <li>Huangqi Maidong Ginger Beverage</li> <li>Red Sugar Longan Ginger Beverage</li> <li>Red Bean Barley Beverage</li> </ul> <p><b>Dessert:</b></p> <ul style="list-style-type: none"> <li>Sweet Fermented Rice Wine + Tangyuan</li> <li>Red Bean Dessert</li> <li>Sweet Potato Ginger Dessert</li> <li>Milk-Boosting Treats</li> </ul>	<p>Wu Hong Tang</p> <p>***Given for 5-6 days at the start of your Week 3 recovery (If you purchased our 14-day plan, you'll receive a batch of this beverage on your final day.)</p> <p><b>Dessert:</b></p> <ul style="list-style-type: none"> <li>Milk-Boosting Treats</li> </ul>	<ul style="list-style-type: none"> <li>Various Apple Beverages</li> <li>Huangqi Maidong Ginger Beverage</li> <li>Red Sugar Longan Ginger Beverage</li> <li>Red Bean Barley Beverage</li> </ul> <p><b>Dessert:</b></p> <ul style="list-style-type: none"> <li>Sweet Fermented Rice Wine + Tangyuan</li> <li>Red Bean Dessert</li> <li>Sweet Potato Ginger Dessert</li> <li>Milk-Boosting Treats</li> </ul>
<b>Breakfast:</b>	<ul style="list-style-type: none"> <li>Millet Porridge</li> <li>Egg Dishes</li> </ul>	<ul style="list-style-type: none"> <li>Millet Porridge</li> <li>Egg Dishes</li> </ul> <p><b>New Stage Additions:</b></p> <ul style="list-style-type: none"> <li>Black Rice Porridge</li> <li>Seafood Porridge</li> <li>Steamed Mantou</li> </ul>	<ul style="list-style-type: none"> <li>Millet Porridge</li> <li>Black Rice Porridge</li> <li>Seafood Porridge</li> <li>Steamed Mantou</li> <li>Egg Dishes</li> </ul> <p><b>New Stage Additions:</b></p> <ul style="list-style-type: none"> <li>Chinese Breakfast Pancake</li> <li>Steamed Corn</li> </ul>	<ul style="list-style-type: none"> <li>Millet Porridge</li> <li>Black Rice Porridge</li> <li>Seafood Porridge</li> <li>Steamed Mantou</li> <li>Egg Dishes</li> <li>Chinese Breakfast Pancake</li> <li>Steamed Corn</li> </ul>
<b>Main Entrée:</b>	<ul style="list-style-type: none"> <li>Stir-fry Dishes</li> <li>Steamed Dishes</li> <li>Braised Dishes</li> </ul>	<ul style="list-style-type: none"> <li>Stir-fry Dishes</li> <li>Steamed Dishes</li> <li>Braised Dishes</li> </ul> <p><b>New Stage Additions:</b></p> <ul style="list-style-type: none"> <li>Noodles</li> </ul>	<ul style="list-style-type: none"> <li>Stir-fry Dishes</li> <li>Steamed Dishes</li> <li>Braised Dishes</li> <li>Noodles</li> </ul> <p><b>New Stage Additions:</b></p> <ul style="list-style-type: none"> <li>Baked Dishes</li> <li>Steamed Dumplings/Wontons</li> </ul>	<ul style="list-style-type: none"> <li>Stir-fry Dishes</li> <li>Steamed Dishes</li> <li>Braised Dishes</li> <li>Baked Dishes</li> <li>Noodles</li> <li>Steamed Dumplings/Wontons</li> </ul>

