

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.

Disclaimer: We are not medical professionals, and the information we share is not intended to provide medical advice, diagnosis, or treatment. All content is based on traditional and cultural practices. You should always consult a qualified healthcare provider or doctor before making any decisions regarding your health or medical care.



Main Entrées

Focus: High in protein, non-greasy, low in fat, and nutritionally balanced

Proteins We Offer: Chicken, beef, pork, fish, shrimp, egg, and tofu

***Ginger is also an essential part of every dish we prepare.

Soups

Benefits: Made with Chinese medicinal herbs and ginger to aid in recovery and keep the body warm.

Soups We Offer: Chicken Soup, Black Chicken Soup, Pork Bone Soup, Pig Feet Soup, Fish Soup, and Vegetable Soup



Week

01

Focus: Expel Lochia & Warm the Womb

Essential Beverage: Siwu Tang (standard) or Sheng Hua Tang (available upon request)

***Given for the first 4-6 days of recovery

Week

02

Focus: Boost Milk Supply & Support Digestion

Essential Beverage: Sweet Fermented Rice Wine

***Given once during Week 2 of recovery

Milk-Boosting Treats: Oatmeal Banana Cookies, Oatmeal Banana Muffins, and Black Sesame Dessert



Week

03

Focus: Replenish Blood & Restore Energy

Essential Beverage: Wu Hong Tang

***Given for 4-6 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.)

Week

04

Focus: Strengthen the Body & Complete Recovery

***Week 4 ties together the past three weeks, integrating each phase into a complete stage of recovery.

