

# the organic cook

personal chef service

## **Sample menu for nourishment for new mamma's**

Asian chicken meatballs in chicken broth with coconut and lemongrass broth and broccoli

Baked ocean trout with preserved lemons and green olives

Grass-fed lambs Sheppard's pie with grated carrot, Dutch cream potatoes and steamed green beans

Wild barramundi with salsa verde and kamut cous cous salad with grilled zucchini's and tahina lemon dressing

Salmon in a broth with Asian greens and coconut milk

Soups and broths

All chef packages include a menu designed for the specific dietary requirements of the individual

The menu includes:

- High quality protein sources from sustainable fish and grass fed meats
- Where possible seasonal organic and biodynamic produce
- Cold pressed oils, organic animal fats and extra virgin coconut oil
- Healthy cook techniques that will not compromise your immunity and will promote optimum health for sustainable energy all day long

Give us a try, you will feel great and notice many changes from having home cooked meals lovingly prepared in your home from scratch, real food just like your mother and grandmother made but more greens!

