

the organic cook

personal chef service

Sample Menu for New Mum's

Note about the menu:

Usually it is advised to avoid cruciferous vegetables (broccoli, cauliflower, bok choy and Brussel's sprouts), strong spices, garlic and onions whilst breastfeeding. We can adjust the menu to allow for your choices whilst breastfeeding your bub. We tend to use softer delicate spices to aid digestion and avoid any possible reflux or tummy issues in babies.

All menus are gluten and mostly dairy free unless specified.

We cook in organic ghee, coconut oil and cold pressed olive oil.

1. Paleo white fish pie with lemongrass, coconut milk, seasonal sustainable white fish (usually ling or monk fish) ginger and kale
2. Lamb shepherds pie with sweet potato crust, crunchy walnuts, beetroot carrot and cinnamon and fresh grated turmeric
3. Wild Alaskan salmon patties with roasted sweet potato and quinoa
4. Brown rice risotto in homemade chicken (or vegetable) broth with mushrooms, roasted pumpkin and pumpkin seeds
5. Moroccan spiced chicken thighs with roasted quinoa salad and fermented beetroot
6. Eggplant lasagna with gluten free rice pasta and either ricotta or dairy free cashew cheese