

# the organic cook

personal chef service

## Sample Menu for Post Hospital Recovery

### Note about the menu:

*We use deeply nourishing meat broths to regain immunity and strength after hospital stints and operations. We find we get the best results with well-cooked meals and with spices to create warmth and build digestive fire. It's what we term 'food as medicine'.*

*We use small amounts of organic ghee, coconut oil and cold pressed extra virgin olive oil (all heated at low temperatures).*

1. Slow cooked lamb with olives and Greek spices (paprika, thyme and rosemary) with cauliflower rice
2. Poached chicken in shitake broth with broccoli, carrots and seaweed with brown rice noodles
3. Roasted pumpkin soup with apple, and lots of ginger and fresh turmeric
4. Paleo white fish pie with kale, cabbage, fresh grated turmeric ginger and lemongrass
5. Buckwheat risotto with roasted pumpkin, homemade chicken or vegetable broth, crispy almonds and kale