



ripple postpartum care

MEAL PLAN



Custom Meal Plan for Client

Week One	Lunch	Dinner	Snack
1/1(2)	Potato Leek Soup	Basil & Beef strips Congee	Cheesy Crackers
1/3	Root Veggie Grain Bowl	Hearty Sausage Stew	Date Balls
1/5	Grilled Cheese and Oven Roasted Potatoes	Sweet Potato & Rice Burrito Bowls	PB & Honey Crispy Rice Treats