nutri

POSTPARTUM MEAL PLAN MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Sesame Kaak with halloumi Cheese	 Sahlab	 Peanutt butter & jelly oatmeal	 Lahm Baajin	 Blueberry walnuts Oats
Lunch	 Artichoke	 Potato Spinach Gratin	 Mehche Kousa	 Daoud Basha	 Frikeh
Dinner	 Basil Tomato Tart	 Beef Salad	 Chicken Kale Salad	 Chicken Quesadillas	 Steak and Pasta

POSTPARTUM MEAL PLAN SIDES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Side Dishes	 Burrito Salad	 Rocca Dried Fig Salad	 Beetroot Tabbouleh	 Fetta Salad	 Crispy Broccoli Salad
	 Cauliflower Soup	 Detox Soup	 Harira Soup		

POSTPARTUM MEAL PLAN SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Truffle	 Labneh Avocado Dip & Crackers	 Knefe Cheescake Cups	 Lazy Cake	 Baked Cinnamon Pineapple