



Postpartum Recipe Pack

Discover healing, healthy and tasty recipes for your postpartum recovery.

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Healing Bone Broth

Ingredients

1 Whole Chicken Carcass
(about 2 lbs of bones)
1 Carrot (peeled and
chopped)
1 Yellow Onion (diced)
2 stalks Celery (chopped)
3 Garlic (cloves, halved)
1 tbsp Apple Cider Vinegar
1 tsp Sea Salt
1 cup Parsley (chopped)
6 cups Water

What you need to do

Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking.

Freeze broth until ready to use.

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving: One serving is approximately 1 to 1 1/2 cups.

Omit garlic and onions if on LOWMAP.





Miso Soup

Ingredients

3 cups Water
1 cup Vegetable Broth
1 ½ cup Shiitake Mushrooms (sliced)
6 ozs Tofu (drained, rinsed and cut into cubes)
1 tsp Ginger
1 tbsp Tamari
3 tbsps. Miso Paste
2 cups Kale Leaves (roughly chopped)
2 stalks Green Onion (optional, sliced)

What you need to do

Refrigerate in an airtight container for up to three days. One serving is approximately 2 cups. Add sesame oil once finished cooking. Add noodles, or some nori to the soup when finished cooking. Use water instead and increase the amount of miso slightly for more flavor. This recipe was developed and tested using white miso.

Leftovers: Refrigerate in an airtight container for up to three days.

Serving size: One serving is approximately 2 cups.

Flavor: Add sesame oil once finished cooking.

Options: Add noodles, or some nori to the soup when finished cooking.

Alternatives: Use water instead and increase the amount of miso slightly for more flavor. This recipe was created with white miso.





Badam Milk

Ingredients

2 tbsp. blanched almonds
1 ¼ cup cow's milk, reduced fat
1/8 tsp saffron (grounded)
¼ tsp cardamom (grounded)
1 ½ tsps. maple syrup
1/16 fl.oz. of rose water (optional)

What you need to do

Using a blender, food processor, or immersion blender, blend the almonds and 1/5 of the milk into a smooth paste.

Set aside.

Bring the remaining milk, saffron, and cardamom to simmer in a small saucepan.

Stir in the almond paste.

Turn the heat down to low and let the mixture simmer for 10 minutes.

Stir often so the milk doesn't get stuck to the bottom of the pan.

Remove from the heat, and stir in the maple syrup and rosewater, if using

Refrigerate in a jar for up to two days. Give it a stir before serving. Warm it up or serve it chilled. You can also freeze this.

One serving is equal to one cup.

Use plant-based milk instead.





Blueberry Vanilla Protein Oats

Ingredients

1 cup Oats
1 tbsp Chia Seeds
1 ¼ cup Oat Milk
¼ c Vanilla Protein Powder
Or Collagen
1 tbsp Ground Flax Seed
1 cup Blueberries
1 tbsp All Natural Peanut Butter
2 tbsps. Pecans (chopped)

What you need to do

In a large bowl or container combine the oats, chia seeds, and milk. Stir to combine.

Place in the fridge for eight hours, or overnight.

After the oats have set, remove from the fridge and stir in the protein powder and ground flax until well combined.

Add extra oat milk one tablespoon at a time if the oats are too thick. Divide the oats evenly between bowls or containers and top with blueberries, peanut butter, and chopped pecans. Enjoy!

Leftovers: Refrigerate in an airtight container for up to four days.

Serving: One serving is approximately 1 1/2 cups.

Alternatives: Use other nut or seed butter instead. Use other milk alternative instead.





Kale, Mushroom & Goat Cheese Egg Cups

Makes 12

- 1 oz. (30g) kale, chopped
- 3.5 oz. (100g) mushrooms, chopped
- 2 oz. (60g) goats cheese, crumbled
- 8 eggs
- ½ tsp. salt
- ½ tsp. black pepper
- 2 oz. (60g) all purpose flour
- ½ tsp. baking powder

What you need to do

Preheat the oven to 350°F (175°C). Line a 12 hole muffin pan with paper or silicone liners.

In a large bowl, add the vegetables, goat cheese, eggs, salt and pepper, and stir until well combined.

Stir in the flour and baking powder and gently stir the mixture until fully incorporated.

Divide the mixture equally between each of the 12 muffin cases and bake in the pre-heated oven for 20-25 minutes, until baked through.

Remove from the oven and serve.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	81	4	5	6	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Healing Dahl Soup

Ingredients

1 cup (200 g) Red Lentils or Masoor Dal
½ teaspoon turmeric
1 can coconut milk
1 bag/box pre-washed baby spinach, roughly chopped
1 tablespoon ghee or coconut oil
1 small onion, diced
3-4 cloves of garlic, minced
½ inch piece ginger, grated
A few dashes of hing/ asafoetida
2-3 cloves
¼ teaspoon fennel
3-4 cardamom pods, lightly crushed using a mortar and pestle
1 teaspoon kosher salt
A small bunch of freshly chopped cilantro for garnish

What you need to do

Wash the dal a few times till the water runs clear. Add the dal to a pot along with 4 cups of water, turmeric, and salt. Let it cook over medium heat for 15 - 20 minutes. Ensure there is enough water in the pot, you can add more water if needed.

While the dal is cooking prepare the tadka. Heat ghee or coconut oil in a frying pan. When it is hot add the onion and let it sweat till it is translucent. Add in garlic, ginger, hing, clove, fennel, and cardamom to the pan. Let it sizzle and cook for another minute till everything is fragrant. Take it off the heat.

When the dal is cooked, add the chopped spinach and let it cook for 2 minutes until it wilts.

Next stir in a whole can of coconut milk.

Add the tadka to the dal and let it simmer for a minute or two. Take it off the heat, garnish with freshly chopped cilantro and serve with steamed rice.

Leftovers: Refrigerate in an airtight container for up to 5 days and *freeze for up to 3 months. *Pack it flat in pre-labeled zip-top bags, and stack the bags one on top of the other.

Serving: Serves 4-6.

Flavor: Add sesame oil once finished cooking.

Options: Add noodles, or some nori to the soup when finished cooking.

Alternatives: Use water instead and increase the amount of miso slightly for more flavor.

This recipe was created with white miso.





Healing Dahl Soup (Instant Pot)

Ingredients

1 cup (200 g) Red Lentils or Masoor Dal
½ teaspoon turmeric
1 can coconut milk
1 bag/box pre-washed baby spinach, roughly chopped
1 tablespoon ghee or coconut oil
1 small onion, diced
3-4 cloves of garlic, minced
½ inch piece ginger, grated
A few dashes of hing/ asafoetida
2-3 cloves
¼ teaspoon fennel
3-4 cardamom pods, lightly crushed using a mortar and pestle
1 teaspoon kosher salt
A small bunch of freshly chopped cilantro for garnish

What you need to do

To cook this dal in the instant pot, I recommend starting with the tadka. Set your Instant Pot in sauté mode and let it heat. Add ghee or coconut oil to the Instant Pot. When hot, add the onion and let it sweat till it is translucent. Add in garlic, ginger (if using), hing, clove, fennel, and cardamom to the pan. Let it sizzle and cook for another minute till everything is fragrant.

Add the washed dal to the tadka along with 4 cups of water, turmeric, and salt. Stir till everything is well combined.

Press cancel and close lid with vent in sealing position. Change the instant pot setting to manual or pressure cook mode at high pressure for 5 mins.

After the Instant pot beeps and switches to keep warm mode. Let it pressure release for 5 minutes. Then manually release pressure. Carefully open the lid, Switch the Instant Pot to sauté mode. Add in the spinach and close the lid to wilt the spinach for about a minute.

Stir in the coconut milk. Let it come to a simmer then turn off the Instant Pot.

Garnish with cilantro and serve with steamed rice.

Leftovers: Refrigerate in an airtight container for up to 3 months. *Pack it flat in pre-labeled zip-top bags, and stack the bags one on top of the other.

Serving: Serves 4-6.

Flavor: Add sesame oil once finished cooking.

Options: Add noodles, or some nori to the soup when finished cooking.

Alternatives: Use water instead and increase the amount of miso slightly for more flavor.

This recipe was created with white miso.





Orzo Chicken Comfort Soup

Serves 4

- 2 tbsp. olive oil
- 1 large onion, chopped
- 2 large carrots, chopped
- 2 stalks celery, chopped
- 1 tsp. salt
- 1 tsp. black pepper
- 3 pts. (1.4ltr) chicken broth
- 1 lemon, halved + 1 extra cut into wedges for serving
- 1 lb. (450g) chicken breasts
- 2 pts. (960ml) water
- 1 chicken stock cube
- 2.8 oz. (80g) orzo pasta
- 2 tbsp. fresh parsley, chopped

What you need to do

Heat the olive oil in a large stockpot or Dutch oven over medium heat. Add the onion, carrots and celery and cook the vegetables, stirring occasionally, for 5 minutes or until tender.

Season with salt and pepper, then stir in the chicken broth. Now add the lemon halves, chicken breasts, water and chicken stock cube. Bring to a boil and cook for 5 minutes.

Stir in orzo pasta, bring to a boil, then reduce the heat to medium-low and simmer for 10 minutes until the orzo is tender and the chicken is cooked through.

Remove the chicken from the soup and shred with 2 forks, then return the chicken back to the pot and stir through.

When ready to serve, ladle the soup into bowls, garnish with parsley and serve with a wedge of lemon.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	322	11	23	31	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Beef Coconut Curry

Serves 6

What you need to do

- 1 tbsp. coconut oil
- 1½ lbs. (680g) rump steak, fat removed, cut into chunks
- 1 onion, chopped
- 1 bell pepper, chopped
- 1 large sweet potato, peeled, roughly chopped
- 2 garlic clove, minced
- 2 tbsp. root ginger, finely chopped
- 1 tbsp. all purpose flour
- 2 tsp. mild curry powder
- 1x 14 oz. (400g) can coconut milk
- 1 tsp. sea salt
- ground black pepper
- 2 tbsp. cilantro, chopped
- 1 lime, cut into wedges

Heat ½ tablespoon of coconut oil in a large pot over medium-high heat. Add the steak and cook, stirring occasionally, until browned on all sides, around 3 minutes. Transfer to a plate.

Add the remaining coconut oil to the pot along with the onion and bell pepper. Cook for 2-3 minutes, stirring occasionally, until the vegetables start to soften. Now add the sweet potato, garlic, ginger, flour and curry powder, and cook for 30 seconds, stirring constantly.

Add the coconut milk to the pot and season with salt and pepper. Bring to a boil. Then reduce the heat, partially cover the pot with a lid and simmer gently for 12-15 minutes until the sweet potatoes are almost tender. For the final 5 minutes of the cook, add the steak back into the pot along with any beef juices.

Serve the curry with a garnish of cilantro and a wedge of lime.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	314	18	13	26	3

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Breakfast Veggie Burrito

Ingredients

1 ¼ tbsp Extra Virgin Olive Oil (divided)
1 ½ Garlic (cloves, minced)
1/3 cup Red Onion (large, diced)
2/3 Sweet Potato (large, peeled and diced into 1/2 inch cubes)
2/3 Red Bell Pepper (diced)
2/3 Green Bell Pepper (diced)
1 tsp Cumin
½ tsp Chili Powder
1/3 tsp Sea Salt
3 2/3 Egg (large, whisked)
3 Brown Rice (11 inches)

What you need to do

Preheat oven to 400°F (204°C) and line baking sheets with foil. In a large bowl, combine ¾ of the olive oil, garlic, red onion, sweet potato, bell peppers, cumin, chilli powder and salt. Toss well and then spread the veggies across the baking sheets in an even layer. Bake in the oven for 30 minutes or until cooked through, gently tossing at the halfway point. Meanwhile, heat the remaining olive oil in a large skillet over low-medium heat. Pour the whisked eggs into the skillet, and continuously stir to scramble the eggs while they cook. Set aside. Divide eggs and roasted veggies evenly between the tortillas and wrap into burritos. Once cooled, wrap the burritos in foil and freeze in a freezer-safe bag. See notes for how to reheat

Reheating in the oven: Heat in the oven at 350°F (177°C) for 30 minutes from frozen (or less if already defrosted), then unwrap and return to the oven for another 10-15 minutes for a crispy wrap (optional).

Reheating in the microwave: Remove foil from defrosted burritos and microwave for 1 to 2 minutes (times will vary depending on the power of your microwave).

Make it spicy: Add more chilli powder, cayenne pepper, hot sauce and/or sliced jalapeno.

Serve it with: Greek yogurt, sour cream, feta cheese, tomatoes, avocado and/or salsa.

Alternatives to brown rice tortillas: Use corn or whole wheat tortillas instead.





Zucchini & Tomato Frittata

Serves 8

- 2 zucchinis, grated on large holes
- 1 red onion, diced
- 4 fl oz. (120ml) olive oil
- 5 eggs
- 1 tsp. sea salt
- 1 tsp. za'atar spice
- pinch of cayenne pepper
- 4.2 oz. (120g) self raising flour
- 1 large tomato, sliced

What you need to do

Preheat the oven to 350°F (180°C). Line a tart pan with baking paper.

Squeeze out any excess water from the grated zucchinis.

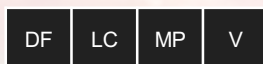
In a large mixing bowl, combine the grated zucchinis, diced red onion, olive oil, eggs, salt, za'atar spice, cayenne pepper and self-raising flour. Mix well until all the ingredients are thoroughly combined.

Pour the mixture into the prepared pan, ensuring it is evenly spread across the base. Top the mixture with the sliced tomato.

Place the pan in the preheated oven and bake for approximately 35-40 minutes, or until the frittata is set and golden brown on top. A toothpick inserted into the center should come out clean.

Once baked, remove from the oven and allow it to cool for a couple of minutes before slicing.

Serve with a side of salad.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	233	17	15	6	3

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Tuna Pancakes

Serves 2

For the tuna pancakes:

6.5 oz. (185g) can tuna, well-drained
2 large eggs, beaten
1 oz. (30g) green onions, finely chopped
1.6 oz. (45g) onion, finely diced
0.7 oz. (20g) red bell peppers or red chili pepper, seeds removed, finely diced
0.7 oz. (20g) green bell peppers or green chili pepper, seeds removed, finely diced
1 tbsp. mayonnaise, optional
2 tsp. all purpose flour
¼ tsp. sea salt
ground black pepper
1 tbsp. olive oil

For the dipping sauce:

1 tbsp. soy sauce
1 tbsp. water
1 tbsp. rice wine vinegar
2 tsp. sugar

What you need to do

Make the dipping sauce by whisking all the ingredients together in a small bowl. Set aside.

Combine all the tuna pancake ingredients in a large bowl and mix well to combine.

Preheat a skillet over medium-low heat and add a little olive oil to the pan. Scoop out the tuna mixture with a spoon and gently place it onto the pan (each spoonful makes one pancake).

Cook the pancakes for 2-3 minutes then flip them over and continue to cook for a further 2-3 minutes, or until golden brown and cooked through. They are ready when no egg liquid seeps out when gently pressing the mixture down with a spatula.

Remove the pancakes from the pan and set aside. Repeat this process until all the mixture is used up, adding more olive oil to the skillet between each batch.

Serve the pancakes with the prepared dipping sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	332	18	12	31	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Potato, lentil and kale casserole

Ingredients

3 Yellow Potato (thinly sliced)
2 cups Green Lentils (cooked, drained)
3 cups Kale Leaves (stems removed, leaves torn)
2 cups Canned Coconut Milk (full fat)
1 ½ cups Pureed Pumpkin
1 1/2 tsp Garlic Powder
1 tbsp Thyme (stems removed)
1 tsp Sea Salt

What you need to do

Preheat the oven to 400°F (204°C).

In a baking dish, arrange 1/3 of the potato slices to form an even layer along the bottom. Spread half the lentils evenly overtop, and then add another layer using half of the kale. Repeat with the remaining potato, lentils and kale, ending with potatoes as your top layer.

In a bowl, whisk together the coconut milk, pumpkin, garlic powder, thyme and salt. Pour the mixture over the layers of potato, lentils and kale. Bake for 40 to 45 minutes or until the potato is cooked through and browned on top.

Divide onto plates and enjoy!

Leftovers: Refrigerate in an airtight container for up to five days. Freeze for up to two months.

Serving size: A 10 x 13-inch dish was used for 8 servings.





Apple Cinnamon Snack Balls

Ingredients

½ cup Oats (quick or traditional)
1 ¾ tbsps. Ground Flax Seed
¼ tsp Cinnamon
2 ¼ tbsps Almond Butter
2 ½ Raw Honey
½ Apple (peeled, cored and finely diced)

What you need to do

Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again. Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking. Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Leftovers: Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size: One serving is equal to one ball.

Vegan: Use maple syrup instead of honey.

Nut Free: Use sunflower seed butter instead of almond butter.





Chicken & Mango Stir Fry

Serves 4

- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp. buckwheat flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

What you need to do

1. Cut the chicken into thin strips and season with salt and pepper, then coat with flour.
2. Peel the mango and cut the flesh into strips. Cut the peppers into strips. Peel the onion and cut into half rings.
3. Cut the deseeded chili pepper lengthwise, then finely chop. Peel and grate the ginger.
4. Prepare the sauce by mixing all the sauce ingredients in a bowl.
5. In a wok or large pan, heat 1 tbsp. of coconut oil, and stir fry the peppers, onions, chili pepper, garlic and ginger over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes. Then remove everything and set aside.
6. Add the second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.
7. Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 minutes until the sauce thickens. Mix occasionally.
8. Serve with rice (not included in nutrition information per serving).



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	308	9	31	29

*Nutrition per serving





Beef Zucchini Boats

Serves 6

6 small-medium zucchini
1 tbsp. olive oil
1 onion, finely diced
1 lb. (450g) ground beef (or use a mix of ground beef & pork)
2 tbsp. tomato paste
1 tsp. dried oregano
½ tsp. garlic powder (or use 2 cloves minced garlic)
½ tsp. salt or more to taste
black pepper to taste
14 oz. (400g) can tomato sauce
5.3 oz. (150g) shredded cheese (e.g. mozzarella, cheddar, gouda)

What you need to do

Preheat the oven to 360°F (180°C).

Slice the zucchini in half lengthwise, scoop out flesh with a small spoon and set aside. Place the zucchini halves on a baking sheet skin side down.

Heat the olive oil in a large skillet over medium-high heat. Add the onion and cook for 5 minutes until softened, then add the ground beef and cook until well browned. Stir in tomato paste, oregano, garlic powder, salt and pepper.

Now add the tomato sauce and scooped out zucchini flesh (chop up for a more even filling) and simmer gently, covered, on low heat for 10 minutes. Remove the lid, stir well and simmer for a further 5 minutes.

Spoon the filling into the prepared zucchini halves and sprinkle the cheese over the top. Place the baking sheet into the hot oven and bake for 20-25 minutes. Remove from the oven and serve.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	376	27	11	22	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Chocolate Zucchini Oat Muffins

Serves 8 muffins

- 5.3 oz. (150g) rolled oats
- ½ tsp. ground cinnamon
- 1 tsp. baking powder
- 1 large egg
- 4 tbsp. honey
- 8 fl oz. (240ml) almond milk, unsweetened
- 5.6 oz. (160g) shredded zucchini, moisture squeezed out
- 4 tbsp. chocolate chips

What you need to do

Preheat the oven to 350°F (180°C). Line a muffin tray with paper or silicone liners.

Place all the ingredients into a large bowl and mix to form a muffin batter. Spoon the muffin batter equally into each of the 8 muffin liners.

Place the tray into the hot oven and bake for 20-25 minutes, until lightly golden.

Remove the muffins from the oven and place on a wire rack to cool completely before serving.

Store the muffins in an airtight container.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	163	5	26	4	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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