



Equipment needed:

Please prepare below but if you have a difficulty finding, just let me know!

- **Large stockpots x 2+**
- **A large frying pan**
- **Rice Cooker or Dutch Oven or Instant Pot**
- **Sauce Pan(s)**
- **Blender or Emersion blender**
- **Strainers/colanders**
- **Good knife/knives & cutting board**
- **Kitchen scissors**
- **Tongs**
- **Cheese Grater**
- **Peeler**
- **Cooking Utensils- wooden spoons, spatulas, ladles...**
- **Freezer Containers:** Plastic, disposable, or glass jars (don't heat frozen glass in microwave before thawing or it could crack!)
- **Plastic Wrap:** This is for rice -- for eco-friendly option, use muslin cloth, or glass jar
- **Various sizes' Ziplock bags:** This is for spices and tea -- for eco-friendly option, use silicon bags like Stasher.

Kabocha Turmeric Coconut Soup

Reference : <https://iheartumami.com/turmeric-ginger-kabocha-squash-soup/>

1 medium size kabocha

2 large shallots

Chicken or vegetable stock

Turmeric powder

Vietnamese cinnamon

Coarse salt

Full fat coconut milk, stir-well

Fresh ginger

1 large bunch of curly kale

Kabocha is full of vitamins, fiber, and magnesium. Also nutty and naturally sweet.

Combining with coconut milk makes a perfect nourishment. The soup is digestive friendly and light, yet packed with healthy fat.





Chicken & Jujube Soup

Reference: <https://weelicious.com/chicken-red-dates-ginger-soup-recipe/>

2 to 2 1/2 pounds whole chicken or parts
1/2 white or yellow onion
2 inches fresh ginger
3 medium carrots
5 Chinese red dates/Jujubes
3 tablespoons dried goji berries
sea salt



It's a very simple recipe from The First Forty Days. It takes an 1-2 hours to simmer, but it's an easy one pot cooking. Jujube, goji berries, and onion create subtle sweet flavor to the broth. Very healing meal.

Tonjiru

Reference: <https://www.justonecookbook.com/tonjiru/>

Due to the texture after thawed, avoid potatoes, tofu & konyaku for freezer though satsuma imo is in for the flavor

0.5 lbs Thin cut pork
1/2 Gobo (burdock)
1 small Satsuma imo
1/4 Daikon (radish)
1 Carrot
3 Green onion
2 Abura age (fried tofu pockets)
1" knob Ginger
2 tbs Miso (Soybean paste)
Sprinkle of Togarashi (red chili pepper)



Tonjiru is a Japanese classic home cooked meal that is very simple and nutritious. Lots of root veggies keep your body warm. Miso (lecithin) is known to prevent clogged duct and promote lactation. Pork can be deliciously substituted with chicken or tofu(might not freeze well, so I recommend double abura age for freezing). This is satisfying one complete meal.

Korean Birthday Soup

Reference: <https://mykoreankitchen.com/korean-seaweed-soup-miyeok-guk/>

15 g / 0.5 ounces dried seaweed (Miyeok / wakame)
120 g / 4.2 ounces beef chuck or sirloin
salt & black pepper
sesame oil
soy sauce
garlic





Miyeok-guk or Wakame soup is eaten for birthdays and postpartum period in Korean culture. Seaweed is traditionally known for a huge lactation enhancer. Seaweed can also prevent blood clots. Sesame oil and garlic add wonderful aroma.

Osekihan (red mung bean sticky rice)

Reference: <https://www.justonecookbook.com/sekihan-japanese-azuki-beans-rice/>

- 1/2 C Azuki beans (red mung beans)
- 1 C brown sushi rice
- 1.5 C brown sticky rice
- Salt
- Black sesame seeds



Osekihan is often made for various celebrations in Japan. Azuki is one of the crucial Japanese ingredients that has so many health benefits including improving digestion, helping weight loss, and managing diabetes. Make rice balls with this for your nightly nursing snacks!

Samgyetang (Korean Ginseng Chicken Soup)

Reference: <https://norecipes.com/samgyetang-recipe/>

- ½ cup sticky rice (also known as "sweet rice" or "glutinous rice")
- 2 Cornish game hens
- Salt
- 2 tbs pine nuts
- 3 fresh ginseng roots
- 6 cloves garlic (peeled)
- 10 jujubees
- 4 whole chestnuts (peeled)
- 4 cups low-sodium chicken stock
- 1 scallion
- sea salt (for serving)



Ginseng is a medicinal root added to food to boost your energy while you are recovering. Adding sticky rice makes it more filling. Very comforting and gentle flavored soup.

Hijiki Gohan

Reference: <https://www.justapinch.com/recipes/side/rice-side/my-family-s-memory-maze-gohan.html>

- Dried hijiki
- Carrot
- Abura Age
- Cooked edamame or Steamed soybeans





Dashi (bonito or kombu)
Sake, Soy Sauce, Mirin
Calrose or sushi rice (white or brown)

Hijiki is packed with minerals and iron, often cooked as a side dish. Hijiki-mixed rice can make an easy nutritious nursing snack.

Turmeric Paste for Golden Milk

Reference: <https://willamettetransplant.com/turmeric-paste-golden-milk-paste/>

1/4 cup dried Turmeric OR 1/3 pound fresh
1 tablespoon dried Ginger OR 3" fresh
1/2 cup water
3 tablespoons Coconut Oil
2 tablespoons honey or maple syrup (optional)
1 teaspoon Cinnamon
1 teaspoon Black Pepper
pinch of Salt, more if using fresh turmeric

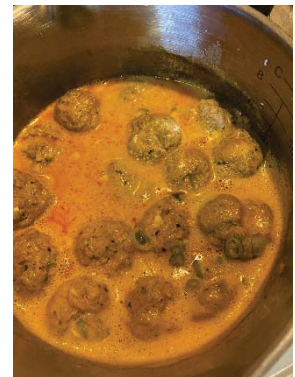


Turmeric is the crucial ingredient for healing and is powerful blood sugar balancer (be cautious if you are on insulin, though because it might interact with it). Keep this paste in the fridge for a few month. Use a tea spoonful in a cup of warmed grass-fed cow's whole milk or nut/oatmeal. Honey or maple syrup is optional unless you like sweeter. The paste can be used for soups as well. Very soothing.

Thai Turkey Meatball in Red Curry

Reference: <https://themodernproper.com/turkey-meatballs-in-a-creamy-red-curry-sauce>

1 lbs Ground Turkey
4 Cloves of Garlic
4 Scallions
Grated Ginger
3 Tbs Red Curry Paste
1/4 C Panko
1 Tbsp Cilantro
1 Tbsp Basil
2 Limes
1 can Full-fat Coconut Milk
1 Cup Chicken Stock
1 Tbsp Coconut Oil



*Simply yummy! You might fight this over with your family members? Double the recipe! It is mildly spicy. I use the recipe from **The Mommy Plan Postpartum Recipe Book by Valerie Lynn.***



Congee & Sweet Sesame Paste

Reference: <https://redhousespice.com/black-sesame-paste/#recipe>

White Sticky Rice (or mochigome)

White Jasmine Rice

1C Black Sesame Seeds

2 Tbsp. Honey

7 Tbsp Olive Oil or Melted Coconut Oil



Black Sesame is a nutritious ingredient for postpartum recovery: known to increase milk supply, prevent constipation and reduce hair loss while keeping it shiny black. It is rich in calcium, iron, protein vitamin E, B1 and zinc minerals, which are especially beneficial to new moms as they help replenish the loss of key vitamins during pregnancy. This sesame paste is super easy to make and like a dessert without guilt. We freeze congee and sesame separately.

Pork Mealball & Hakusai Soup

Reference: <https://nomnompaleo.com/post/153203159908/pork-and-napa-cabbage-soup>

1 lbs Ground Pork

3 Green Onion

Ginger Root

1 Tbsp Potato Starch or Katakuri ko

Soy sauce, Mirin, Sake

Salt & Pepper

¼ Hakusai or 3 Baby Bokchoy

Mushroom of your choice

Torigara Stock Base or Chicken Bone Broth



Very comforting soup that makes a complete meal. Potato starch adds the subtle filing texture to the soup. Hakusai & pork combo taste so good, but pork can be swapped with ground chicken or beef. This can be a family meal that everyone can enjoy.

Turkey Pear Breakfast Patties

Reference: <https://www.foodrenegade.com/pear-ginger-turkey-patties/>

1 lbs Ground Turkey

2 Large Pears

1 Shallot

5 Tbsp Coconut Oil

½ tsp Ground Cinnamon

¼ tsp Ground Nutmeg

1 tsp Dried Sage

Turkey is a great source of protein and iron needed after birth. Easy finger food like these patties can be for breakfast or breastfeeding snacks.





Mushroom, Kabocha, & Chicken Zosui (porridge)

Reference: <https://www.justonecookbook.com/zosui-japanese-rice-soup/>

- ½ Medium Kabocha
- 1 pkg Beech Mushroom
- 1C Bokchoy or Spinach
- 3 Chicken Thigh
- 2C Calrose Rice
- Ginger Root
- Soy Sauce, Sake, Mirin Salt & Pepper

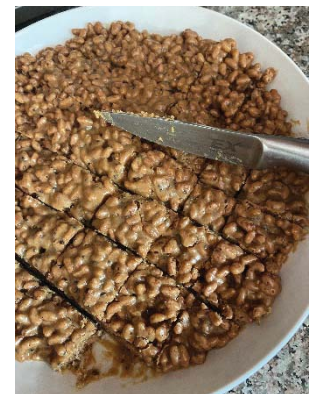


Zosui is nourishing and easy for postpartum weakened digestion. Veggies and protein can be swapped for your liking and could be conveniently made using whatever in your refrigerator!

P&B Rice Crispy Treats

- 2 C Puffed Rice Cereal
- 1 C Peanut Butter
- ½ Honey
- 1 stick Grass-fed Butter
- Salt
- (Optional) Nuts, chia seeds, goji berries, & Chocolate Chips

*I make this from the book, **The First Forty Days**. Addictive! I recommend adding goji berries and nuts chia seeds.*



Salmon & Japanese Sweet Potato Takikomi Gohan (Mixed Rice)

Reference: <https://www.sbs.com.au/food/recipes/takikomi-gohan>

- 2 Slices (about 6 oz. each) Fresh Salmon (if frozen, thaw before cook)
- 1 Small Japanese Sweet Potato (purple outside, creamy yellow inside)
- 1 Pkg Beech or Oyster Mushroom
- 1 TBS Thinly Sliced or Minced Ginger
- 1 tsp salt
- 1 tsp Black Sesame
- 2 Cups Calrose or Sushi Rice
- 2 tsp Soy Sauce
- 1 TBS Mirin (optional)
- 2 TBS Sake or Rice Cooking Wine
- 1 tsp Dashi powder (kombu, dried shiitake, or fish stock would do)





This is best made with rice cooker or a Dutch oven. I recommend using wild caught salmon. Japanese sweet potato adds decadent flavor to the rice. Great for rice balls.

Oxtail Stew

Reference: <https://adashofsoy.com/blog-1/2020/10/17/braised-oxtail-stew-%E7%82%86%E7%89%9B%E5%B0%BE%E9%A3%AF/>

- 1C Onion
- 6 C Mushroom
- 4 lbs Bone-in Oxtail
- 2 qrts Homemade or Store-bought Broth
- 2 Tbsp Tamari, Bragg Liquid Amino or Soy Sauce
- 4 Small-Medium Tomatoes
- 2 Large Carrots
- 1 clove Garlic
- Fresh Thyme
- Salt & Pepper



*Simply decadent! Sip the nutrition dense bone broth if you don't have much appetite or even on the go. I use the recipe from **The First Forty Days**.*

Beetroot Kitchari

Reference: <https://www.banyanbotanicals.com/info/blog-the-banyan-insight/details/what-is-kitchari-why-we-eat-it-for-cleansing/>

- 1 C Split Mung Beans
- 1 C White Basmati Rice
- 6+ C Vegetable Broth
- 2-3Tbsp Ghee
- 1 Tbsp Mustard Seeds
- 1 inch Fresh Ginger
- 2 cloves Garlic
- 1 Tbsp Kitchari Blend
- 3-4 Red Beets
- 1-2 C Coconut Milk
- Cilantro
- Asafoetida
- Sesame Seeds
- Sea Salt
- Lime





*Kitchari is an essential and versatile dish for Ayurvedic practice. Basmati rice and mung beans have detoxifying effect and easy on digestion. For postpartum, we use beetroots in the beginning. My other favorite is to add sweet potatoes. I use a recipe from **Ayurvedic Mamas The First 42 Days Recipe Book** by Jenna Furnari, Ayurvedic Practitioner & Postpartum Doula.*

Ginger Fried Rice

Reference: <https://abramsbooks.tumblr.com/post/146403875643/recipe-ginger-fried-rice-the-following-recipe-is>

- 2 C Cooked white rice
- 3 Tbsp Sesame oil, plus more as needed (see Tips, below)
- 3 x 2-inch Slices of Bacon or Turkey Bacon
- 1 C Medium-Large Shrimp (Optional)
- 2 cloves Garlic
- 1" knob Ginger
- 2 Large pasture-raised eggs
- 2 Tbsp Green onion
- Sea salt & pepper



Can be easily & deliciously made with left-over rice and veggies in the fridge. The protein can be swapped with fried tofu, chicken, or nitrates/nitrite-free hams. For freezer prep, we use fresh pot of rice.

Recovery Stewed Azuki & Kabocha ("Itoko Ni")

Reference <https://thekindlife.com/azuki-beans-with-kabocha-squash-2/>

- ½ Kabocha Pumpkin
- 1/3 C Azuki (Red Mung Beans)
- 1-2 Tbsp Soy Sauce
- 1-2 Tbsp Coconut or Brown Sugar (optional)

Azuki is known galactagogue (lactation enhancer) and effective for releasing water retention after birth. Kabocha is a naturally sweet, body warming vegetable with lots of vitamins and fiber needed for recovery. Added sweetener is optional.

