



## GATHER AROUND NUTRITION

is a healing foods business based out of Portland, OR founded by holistic nutritionists & chefs Johanna Glaser & Jed Thaggard. At Gather Around Nutrition, we believe in investing in our local food economy. That's why we partner with local farmers, sustainable ranchers, native fisherfolk and food producers to bring you the best of what Portland has to offer! As nutritionists, health is always on our mind. We love to introduce people to seasonal eating by featuring local, farm-fresh produce in all of our meals. We are passionate about our environment and strive to be as low-waste and plastic-free as possible.



**Gather Around Nutrition** recognizes what a sacred time the postpartum period is for families. We believe this time should be one of rest and recovery for the new parent and family. This is why we offer **postpartum meal delivery packages** filled with nourishing foods and herbal teas to promote deep healing.



## A TRADITIONAL APPROACH TO POSTPARTUM HEALING

Many traditional cultures across the world have their own take on postpartum care, and central to all of them is adequate time for the new parent to rest, establish breastfeeding, replenish nutrient stores with traditional foods, and take a break from physically demanding activities. Gather Around Nutrition seeks to support new families during this time with our postpartum nutrition offerings. We want to allow families to focus on each other and the new baby while we focus on providing nutrient-dense foods that support proper healing and growth for the new parent and baby.





Focus on **foods that are soft and warming**. Considering what your abdominal organs have been through for the past nine months, your digestion is likely a bit weaker than normal. Soft and warm foods require less energy from the digestive system, leaving more energy for the body to heal. Try having all food and drinks either warm or room temperature.

Focus on **healthy fats and omega-3 consumption**. Healthy fats enrich the breast milk and are essential for helping the baby's brain to grow strong. Ounce for ounce, fat is the most energy-dense nutrient, and we know that postpartum parents need their energy! Fat is also essential for hormone production and regulation, which will support a healthy mood. Healthy fats come from pasture-raised meats and eggs, cold-water fish, and plant fats from coconut, olive, avocado, nuts and seeds. You'll need to consume even more calories when breastfeeding than you did when the baby was in the womb!

Focus on **iron**. It's common to be a bit low on iron postpartum. You need iron for healthy blood production, energy and a healthy mood. Some foods rich in iron are tempeh, beans and lentils, dark leafy greens, nettles, nuts and seeds, grass-fed lamb and beef, organ meats and molasses.

Focus on **foods that boost circulation**. Think warming spices like ginger, cinnamon, chili powder, cayenne and rosemary.

Focus on **foods and herbs that support lactation**. Examples are black sesame, oats, fennel, fenugreek, cumin, turmeric, nettles, raspberry leaf, red clover, goat's rue and milk thistle. And don't forget good hydration! This is key for producing breast milk.

**Bone broth** is like gold for the postpartum parent. It is rich in collagen, which helps repair tissues, along with electrolytes and minerals. Bone broth also reduces inflammation and supports immune health.

*Below is a menu that is particularly nutritive for the postpartum period.*

*Substitutions or modifications may be requested.*

*All menu items are gluten-free except for pie crust (GF available upon request).*

*All menu items are dairy-free except for grass-fed yogurt (DF available upon request).*

*(V) indicates menu item is vegan or can be made vegan upon request.*

## B R E A K F A S T

### **CHICKEN CONGEE**

a nourishing slow-cooked rice porridge with pasture-raised chicken, ginger, Chinese red dates, goji berries and seasonal vegetables, topped with a PNW gomasio made from nettles, wild seaweed and black sesame seeds

### **MISO-SHIITAKE CONGEE (V)**

a nourishing slow-cooked rice porridge with a miso-ginger broth, shiitake mushrooms, and seasonal vegetables, topped with a PNW gomasio made from nettles, wild seaweed and black sesame seeds

### **BREAKFAST HASH with SALMON or TEMPEH (V)**

an oven roasted potato & dark leafy green medley spiced with toasted fennel and cumin seeds, topped with your choice of wild-caught salmon or smoky tempeh

### **SEASONAL QUICHE\***

pastry crust filled with pasture-raised eggs, onion, kale & herbs, optional pasture-raised bacon and/or feta, with fresh fig or pear (depending on season) baked on top

*\*gluten-free option is available as a frittata*

### **OATMEAL PORRIDGE with BLACK SESAME MILK & COMPOTE (V)**

a porridge of slow-cooked steel-cut oats and chia seeds, topped with a seasonal fruit compote and a non-dairy rose & black sesame milk

### **BERRIES & OATS PANCAKES (V)**

hearty gluten-free buckwheat pancakes topped with seasonal fruit compote, whole-milk yogurt, and maple syrup

### **SEASONAL CHIA PUDDING PARFAIT (V)**

a cardamom vanilla chia pudding with a seasonal fruit compote topped with toasted seeds and coconut flakes

## DINNER

### **SOUTHWEST BOWL (V)**

choice of pasture-raised chicken or smoky tempeh on a bed of roasted seasonal vegetables and quinoa, topped with a vegan cilantro cream and pickled vegetables

### **MEDITERRANEAN BOWL (V)**

choice of pasture-raised chicken or smoky tempeh on a bed of roasted seasonal vegetables and quinoa tabouli, topped with a vegan roasted red pepper sauce and pickled vegetables

### **THAI-INSPIRED BOWL (V)**

choice of pasture-raised chicken or sesame tempeh on a bed of roasted seasonal vegetables and herbed brown rice, topped with a vegan gingered peanut sauce and pickled vegetables

### **CRISPY CHICKPEAS with LAMB & CHARD**

spiced ground lamb and crispy chickpeas tossed with fire-roasted tomatoes and rainbow chard, served with brown rice and a bright lemon-garlic yogurt sauce

### **SEASONAL WHITE BEAN MINESTRONE (V)**

a brothy tomato & white bean soup filled with potatoes and seasonal vegetables and fresh Mediterranean herbs, served with ready-to-bake garlic bread\*

\*gluten-free garlic bread option available

### **PASTA ALLA BOLOGNESE (V)**

a hearty tomato sauce with onion, celery, carrot, basil and choice of grass-fed ground beef or tempeh, served with gluten-free chickpea pasta & roasted seasonal vegetables roasted vegetables

### **FENNEL-RUBBED PORK CHOPS**

pan-seared fennel & coconut sugar rubbed pork chops, with sauteed fennel bulb and roasted potatoes & seasonal vegetable

### **ROOT VEGETABLE MEATLOAF with MASHED POTATOES**

grass-fed beef meatloaf stuffed with shredded root vegetables and Mediterranean herbs, served with a side of garlic mashed potatoes

### **MOROCCAN LAMB STEW**

slow-cooked grass-fed lamb stew with dark leafy greens, seasonal vegetables, garlic, ginger, rosemary, fresh cilantro or mint, dates & preserved lemon, served with brown rice

## DINNER

### **CHICKEN or VEGGIE POT PIE (V)**

a savory pot pie filled with choice of pasture-raised chicken thighs or lentils, mushrooms, seasonal vegetables, baked in a creamy herbed gluten-free sauce

### **OREGON ROCKFISH CAKES (V)**

pan-seared local line-caught Rockfish cakes, served with roasted potatoes and seasonal vegetable, and a garlic-dill aioli

### **MACARONI & CHEESE**

chickpea pasta in a creamy sauce of orange sweet potatoes, sharp cheddar cheese & grass-fed butter, with oven-roasted broccoli and option to add sausage

### **BROCCOLI BEEF or TEMPEH over BROWN RICE (V)**

tender strips of grass-fed beef or seared tempeh with broccoli tossed in a ginger-garlic hoisin sauce, served over brown rice

### **TIKKA or CHANA MASALA (V)**

choice of pasture-raised chicken or chickpeas slow-cooked with seasonal vegetables in a spiced tomato coconut stew, served with cilantro brown rice

### **CALMING KITCHARI (V)**

a porridge of brown rice, sprouted mung beans, and seasonal vegetables spiced with toasted traditional Indian digestive spices, served with grass-fed yogurt and pickled vegetables

### **TERIYAKI STIR-FRY (V)**

choice of pasture-raised chicken thigh, wild-caught salmon or tofu, stir-fried with seasonal vegetables and scallions, tossed in a teriyaki sauce, served over brown rice

### **SEASONAL COCONUT YELLOW CURRY (V)**

choice of pasture-raised chicken or soy-free tempeh in a coconut based curry spiced with ginger & turmeric, filled with seasonal vegetables, and topped with fresh cilantro and served with brown rice

### **PAD THAI (V)**

your choice of tofu or pasture-raised chicken, tossed with sweet & tangy tamari & tamarind sauce, with yam noodles, pasture-raised egg, seasonal vegetables, green onion & salted peanuts

## D I N N E R

### **BEEF or VEGETARIAN CHILI with CORNBREAD (V)**

classic, comforting chili filled with choice of grass-fed ground beef or quinoa, slow-cooked with onion, garlic, spices and seasonal vegetables, topped with fresh scallions and served with gluten-free cornbread with corn kernels

### **CHICKEN TORTILLA SOUP**

a brothy chicken soup spiced with cumin & chili powder, filled with seasonal vegetables, black beans, fire-roasted tomatoes, and topped with fresh-diced radish & cilantro, served with grass-fed yogurt & organic yellow corn chips

## A L A C A R T E

### **CARROT-GINGER SOUP (V)**

a blended warming soup of carrots & ginger with a coconut milk base

### **POTATO, LEEK & NETTLE (V)**

our take on a classic blended soup with the added nutritional benefits of dark leafy greens and nettles

### **TOM KHA (V)**

a coconut milk & lemongrass based soup filled with mushrooms, cherry tomatoes and seasonal vegetables, topped with fresh lime juice & cilantro

### **GOLDEN COCONUT DAL (V)**

a slowed-cooked stew made from split red lentils & coconut milk, spiced with warming ginger & turmeric, topped with fresh cilantro

### **MISO & BURDOCK SOUP (V)**

a brothy miso-sesame soup with burdock, daikon, shiitake mushrooms & kombu

### **HERBED CHICKEN or CHICKPEA SALAD (V)**

your choice of pasture-raised chicken or chickpeas with celery, raisins & toasted sunflower seeds tossed in a creamy dijon-dill dressing

## A L A C A R T E

### **SAUSAGE & VEGGIE SKEWERS**

seared skewers of Italian spiced sausage, onion & select seasonal vegetables

### **APPLE SAUSAGE PATTIES**

pan-seared patties made from pasture-raised ground pork, grated apple, fennel seeds, sage & garlic

### **GOOEY BLACK BEAN BROWNIES (V)**

gluten-free & vegan gooey black bean brownies topped with mini chocolate chips and flaky sea salt

### **CHICKPEA BLONDIES (V)**

gluten-free & vegan chickpea peanut butter blondies topped with mini chocolate chips and large flake sea salt

### **CHOCOLATE MINT BLISS BALLS (V)**

perfectly sweet bliss balls made from cacao, walnuts, and dates with a touch of mint

### **MORNING GLORY BREAKFAST COOKIES (V)**

hearty vegan, low-sugar cookies filled with oats, shredded carrots, coconut, dried fruits & nuts

### **PB & HONEY RICE CRISPY TREATS (V)**

squares of puffed rice, peanut butter, local honey & grass-fed butter or coconut oil, topped with a dark chocolate drizzle

### **OATMEAL CHOCOLATE CHIP COOKIES (V)**

chewy chocolate chip cookies with oats, flax seeds, brewers yeast, coconut flakes & dried fruit, for a nutrient-dense treat that promotes healthy lactation

### **FENNEL SESAME COOKIES (V)**

fennel & sesame coated tea cookies formulated to promote healthy lactation

## B R O T H S & E L E C T R O L Y T E D R I N K S

### **BEEF BONE BROTH**

onion, nettle, rosemary, garlic, beef broth, sea salt

### **GOLDEN CHICKEN BONE BROTH**

chicken, ginger, turmeric, sea salt

### **PORK BONE BROTH**

shiitake mushrooms, onion, kombu, pork bone, daikon radish, sea salt

### **HIBISCUS CINNAMON ELECTROLYTE DRINK (V)**

Hibiscus, cinnamon, honey, sea salt

### **HORCHATA ELECTROLYTE DRINK (V)**

non-dairy milk, nutmeg, cinnamon, vanilla, maple syrup, sea salt

### **GINGER LEMONADE SWITCHEL (V)**

fresh ginger, lemon, apple cider vinegar, honey, sea salt, sparkling water

### **CAFFEINE-FREE DANDY LATTE (V)**

roasted dandelion blend, cardamom, cinnamon, coconut sugar, coconut milk

### **HOUSEMADE HOT CHOCOLATE (V)**

non-dairy milk, vanilla, cacao powder, cinnamon, maple syrup, sea salt

### **GOLDEN MILK (V)**

coconut milk, turmeric, ginger, cardamom, maple syrup, sea salt

# PRICING INFORMATION

## 1-Week Postpartum Care Package

*Includes Your Choice of:*

**3 Different Entrees** from Breakfast or Dinner Menu  
*(Each entree comes with 4 servings)*

**1 Order** of Snacks or Fresh-Baked Lactation Cookies

**1 Quart** of Electrolyte Beverage or Bone Broth

**Curated Blend of Herbal Postpartum Tea\***

**\$400**

## 2-Week Postpartum Care Package

*Includes Your Choice of:*

**6 Different Entrees** from Breakfast or Dinner Menu  
*(Each entree comes with 4 servings)*

**2 Orders** of Snacks or Fresh-Baked Lactation Cookies

**2 Quarts** of Electrolyte Beverage or Bone Broth

**Curated Blend of Herbal Postpartum Tea\***

**\$750**

## 3-Week Postpartum Care Package

*Includes Your Choice of:*

**9 Different Entrees** from Breakfast or Dinner Menu  
*(Each entree comes with 4 servings)*

**3 Orders** of Snacks or Fresh-Baked Lactation Cookies

**3 Quarts** of Electrolyte Beverage or Bone Broth

**Curated Blend of Herbal Postpartum Tea\***

**\$1,100**

## 4-Week Postpartum Care Package

*Includes Your Choice of:*

**12 Different Entrees** from Breakfast or Dinner Menu  
*(Each entree comes with 4 servings)*

**4 Orders** of Snacks or Fresh-Baked Lactation Cookies

**4 Quarts** of Electrolyte Beverage or Bone Broth

**Curated Blend of Herbal Postpartum Tea\***

**\$1,450**

\*Our Herbal Postpartum Tea is a calming and nutritive blend curated by Wildish Botanicals consisting of:  
Nettle, Milky Oats, Raspberry Leaf, Lemon Balm, Rose Hips & Lavender.

All herbs are locally grown, dried, and offered as a loose-leaf mix with a tea satchel for easy brewing.

Pricing includes the cost of food, service, and 1 delivery per week.

Please ask us about menu substitutions or modifications, or if you are interested in a custom package!

*Gather  
Around*

**NUTRITION**

[www.gatheraroundnutrition.com](http://www.gatheraroundnutrition.com)  
gatheraroundnutrition@gmail.com  
(707) 477-9624