



Serenaisance
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Hypnose, Yoga-Doula & Soins Périnataux



Traiteur post-partum

AYURVEDIC POST-PARTUM MENU PROJECT

Childbirth requires an amazing effort. After childbirth, the mother's digestive system is weak and needs support to bounce back quickly. An adapted diet of the after childbirth helps to eliminate excess fluid and air from the body, strengthens the digestive strength ("Agni") and saves energy in order to allow mum recover better and more quickly.

Regeneration, emotional and hormonal balance, grounding, digestive strength, lactation and rejuvenation are key to take into account during this period.

In general, warm, unctuous, easy to digest and well-cooked foods are to prioritize.

During the first few days after childbirth, digestion and elimination are especially fragile. There is need to rekindle the digestive enzyme processes and give gentle, nourishing, and simple foods. Featured focus are hydration, oleation, heat and specific spices for cleansing toxins (ama), nourishing the tissues (lymph, blood, muscles), pacifying excess of air (vata) and bringing sattvic energy for rejuvenation.

Little by little, the mother can add more elaborated foods while respecting the basic principles after day 3, going progressively into more variety.

The Ayurvedic Post-partum menu project is born from a common wish of supporting mothers through this key regeneration period. The following menus are thought and made with love, mixing the savoir-faire of Ayurveda and the postpartum support experience of Pilar from Serenaisance, with the kitchen state-of-the-art cooking of chef Raphaëlle, from 40 moons.

The following menu can be provided in 2 options :

-As a ready to eat meals at the maternité (up to 2 per day) to ensure freshness and acceptable conservation. This service is combined with a doula service (exchange/caring for the mother) in a 1h to 1h30 visit.

-As batch cooking full menu delivered in vacuum sealed bags for conservation, hygiene and convenient storage in the freezer. This service is provided as a food delivery sent directly from the chef to you.

We look forward to contribute to a better post-partum recovery and to your feedback.

PER MEAL - READY TO EAT
+ DOULA SERVICE

FOR 3 DAYS
BATCH COOKING

IN PROGRESS

DETAILS IN PAGE 2

MENU

FIRST DAYS' AYURVEDIC CARE

PER MEAL - READY TO EAT
+ DOULA SERVICE

Gentle, nourishing, and simple foods to facilitate digestion and transit, while nourishing tissues, cleansing toxins, rekindling metabolism, pacifying the nervous system, boosting energy and enhancing regeneration. This meal is ideal for the **first days done after childbirth**, and it is a great complement to the food provided at the "martenité". The below can be provided for 1 person or for the couple, and is brought to the coupe and

a first "caring" for the mother is provided.

SALTY



Regenerative broth

Chicken or veggie broth, essential for regeneration and recovery.
Organic chicken, carrots, leek, mushrooms, ginger.

250ml



Massala Gyozas

Blend of spices to detoxify and reinforce immunity.
With a delicious soy-based sauce.

Ghee, ginger, turmeric, onion, lime, yoghurt, chickpea, wheat flour

4 units



First Days' Kitchari

Everything mum's need in one dish.

Rice, mungo beans, carrots, zucchini, cumin, mustard seed, turmeric.

250 Gr

SWEET

Ideally eaten in-between foods to facilitate digestion



First Congee B-fast

Rich in iron for blood-building support and reactivating "agni"

Rice, rapadura, ghee, ginger, cinamon, cloves, cardamome.

250 Gr



Energy Balls

The perfect snack to boost energy and cheer you up.

Dates, cashews, cacao.

6 units



Bliss Almonds

Nourishing, delicious, rich in iron and love.

Almonds torried in ghee, with honey.

1 portion

SIDES



Herbal tea

Warming ayurvedic infusion specially designed for postpartum/ breastfeeding.

Appropriate mix of spices to hydrate, reinforce and support breastfeeding.

1 Lt




Post-partum guacamole

Irresistible guacamole to nourish and facilitate digestion.

Avocado, coriandres, himalaya salt and lemon.

1 portion

RATE INCLUDING DOULA SERVICE : 120 EUR - MEALS FOR ONE DAY

 Suitable for vegetarians

 To be heated before consumption

MENU

FIRST DAYS' AYURVEDIC CARE

FOR 3 DAYS - BATCH COOKING

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This menu is ideal for the **first days after childbirth**, and it is a great complement to the food provided at the "martenité".

The below can be provided for 1 person or for the couple.

SALTY



Regenerative broth

Chicken or veggie broth, essential for regeneration and recovery.
Organic chicken, carrots, leek, mushrooms, ginger.

1, 5 Lt



Massala Gyozas

Blend of spices to detoxify and reinforce immunity. With a delicious sauce.

Chee, ginger, turmeric, oignon, lime, plain yoghurt, farine de pois chiches et de blé.

4x3 unités



First Days' Kitchari

Everything mum's need in one dish.

Rice, mungo beans, carrots, zucchini, cumin, mustard seed, turmeric.

3x250 Gr*

**Can be doubled for a mono-diet or coupled with another main dish.

SWEET

Ideally eaten in-between foods to facilitate digestion



First Congee B-fast

Rich in iron for blood-building support and reactivating "agni"

Rice, rapadura, ghee, ginger, cinamon, cloves, cardamome.

3x250 Gr



Energy Balls

The perfect snack to boost energy and cheer you up.

Dates, cashews, cacao.

6 units



Recovery Bars

Nourish, delicious and supporting milk production.

Almonds torried in ghee, honey and oats.

6 units

DRINKS



Herbal tea

Warming ayurvedic infusion specially designed for postpartum/ breastfeeding.

Appropriate mix of spices to hydrate, reinforce and support breastfeedin.

9 tea bags

Optional 2nd main dish



- Vegetables in coconut milk, with cashews and raisins.
- Sautéed vegetables with curry and ghee
- Vegetables on ginger and Soy

3x250 Gr

MENU FOR 3 DAYS - RATE 150 EUROS