



HAPPY HORMONES START IN YOUR GUT!

WELCOME TO MY POSTPARTUM & MENOPAUSAL  
MEAL PLAN SERVICE.

IN A TIME OF TRANSITION, MAKING NUTRITIONAL CHANGES WILL  
ALSO KEEP YOU HEALTHY LONG AFTER.

WE ADVOCATE HEALING FOODS TO REPLENISH YOUR BODY DURING  
RECOVERY & CHANGE.  
WE SUPPORT LACTATION TO HYDRATION. SERVING WARM AND EASY  
TO DIGEST FOODS, KEEPING YOU FEELING GROUNDED.

I'M GABBY, MUM OF 3YR OLD CLEOPATRA, OWNER &  
SELF-TAUGHT CHEF AT NOURISH. I HAVE BEEN CATERING FOR OVER  
12 YEARS. ORIGINALLY FROM A LITTLE FARM IN SUSSEX, UK & ISLAND  
BASED FOR 8 YEARS. I BRINGS EXPANSIVE KNOWLEDGE ON LOCAL  
FOOD & DRINKS, HELPING YOU HEAL FROM THE INSIDE OUT.

WE USE ORGANIC WHEREVER POSSIBLE, OUR MENUS ARE GLUTEN  
FREE & REFINED SUGAR FREE AND DESIGNED WITH AN  
AYURVEDIC DOCTOR.

NURTURE. NOURISH. FLOURISH





## Dinners

EACH MEAL CONSISTS OF 2 SERVINGS.  
CHOOSE TO SHARE OR SPREAD ACROSS DAYS.

### **Quinoa, Lentils & Greens Soup (vg)**

*protein packed & vitamin B boost*

### **Lemongrass, Ginger & Lime Chicken Soup\***

*natural collagen & detoxing*

### **Mama Meatballs\***

*protein & fibre based, digestion aid, milk boosting*

### **Gut Healing Dahl\***

*essential fats, anti inflammatory & immune boosting*

### **Kale, Spinach & Feta Pie (v)**

*beta-carotene, vitamins C & E, natural glucosinolates*

### **Shepherds Pie\***

*vitamin B6, magnesium, anti inflammatory, complex carbs*

### **Slow Cooked Chana Masala (vg)**

*protein based, antioxidant, healing*

### **Wild Yam Chilli Chicken\***

*qi energy restoring, hormone balancing, vitamin C*

*\*meals can be made vegetarian or vegan*



## Snacks

EACH SNACK CONSISTS OF 2 SERVINGS.  
CHOOSE TO SHARE OR SPREAD ACROSS DAYS.

### **Oat & Chia Congee**

*digestable, nutrition & lactation*

### **Spiced Apple Pie Pot**

*energising, fibre, oestrogen boosting*

### **Women's Bliss Bites**

*medicinal, hormone balancing, anti anxiety*

### **Hearty Sausage Roll**

*nutrient dense, iron rich*

### **Sweet Potato & Almond Bread**

*potassium, protein & calcium*

### **Rice Puff Bars**

*energy fuelling, comforting*

### **Tahini Rye & Chocolate Cookies**

*healthy fats, antioxidant, rich in iron*

### **Passionfruit & Coconut Macaroons**

*hydrating, energising, immune boosting*

*\*meals can be made vegetarian or vegan*



## Plan & Prices

each meal & snack is suitable for 2 servings

### 3 DAYS

**dinners & snacks 130€**

(6 portions of each)

### 5 DAYS

**dinners & snacks 220€**

(10 portions of each)

### EXTRAS

**Overnight Chai 1L**

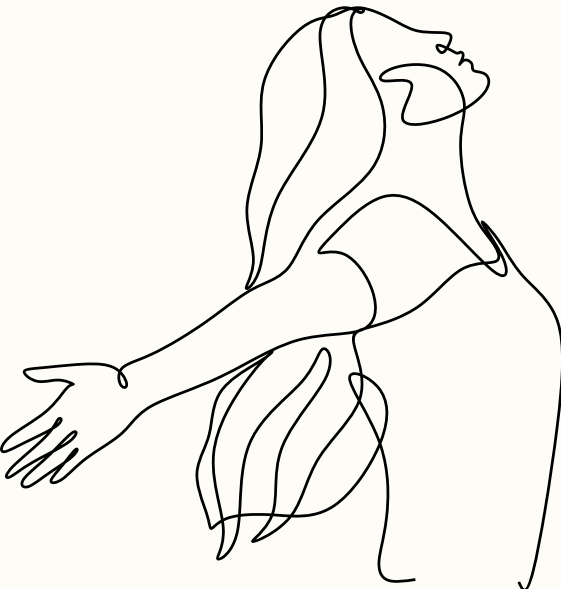
**15€**

**Aryurvedic Cacao 400g**

**42€**

**Chilled Chamomile Latte 1L**

**15€**



*prices do not include IVA or delivery*

*@nourishibiza*

*www.gabrielladelellis.com*