



#1

# MENU

## Homestyle Shrimp & Potato Bake



Photo by: Little Bloom care

A homestyle bake of shrimp, potatoes, corn, and Italian sausage, prepared with mild seasoning for a comforting and satisfying dish.

## Sunrise Comfort Sandwich

Toasted buttery bread filled with egg, ham, melted cheese, spinach, creamy avocado spread, and a touch of mayo.



Photo by: Little Bloom care

## Cozy White Bean Chicken Chili

Tender chicken simmered with white beans, onion, mild green chiles, and corn for a warm, comforting postpartum-friendly chili. Optional mild shredded cheese on top.



Photo by: Little Bloom care

## Food & Grocery

Meals are prepared using groceries provided by the client. A suggested grocery list will be provided in advance to support meal preparation.

## Snacks

You choose your snacks





# 2

## MENU



Photo by: Little Bloom care

### Cheesy Beef & Broccoli Potato

A fluffy baked potato topped with seasoned ground beef, melted cheese, broccoli, and green onions.

### Warm PB&J Toastie

Toasted bread with creamy peanut butter and berry jelly, finished with chia and hemp seeds for added nourishment. Jelly may be substituted upon request.



Photo by: Little Bloom care

### Rustic Chicken Pesto Pasta

Tender chicken breast and broccoli tossed with pasta in a light basil pesto sauce blended with Parmesan, creating a creamy, comforting dish with mild herb flavor.



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# 3

# MENU



Photo by: Little Bloom care

## Classic Chicken, Rice & Beans Plate

A comforting, well-balanced plate featuring tender seasoned chicken, a hearty bean and potato stew with ham, fluffy white rice, and fresh spinach with tomatoes and a light drizzle of ranch.

## Sweet Pancake Morning

Pancakes topped with yogurt and berries, with scrambled eggs and fruit on the side.



Photo by: Little Bloom care

## Chicken & Black Bean Burritos

Ground chicken cooked with black beans, corn, cabbage, and diced peppers, creating a hearty and balanced meal. Served with flour tortillas and avocado spread, with optional tomato, cheese, and sour cream. Enjoy wrapped or on its own.



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# DRINKS

## Cherry-Blush Piña Colada

A creamy blend of coconut cream and pineapple juice, lightly infused with cherry juice for a soft pink hue and added flavor, finished with a fresh cherry on top.



Photo by: Little Bloom care

## Vitamin C Glow Smoothie

A vibrant fruit smoothie made with strawberries, mango, pineapple, and mandarin oranges—packed with antioxidants and vitamin C to support recovery, hydration, and daily energy.



Photo by: Little Bloom care

## “Morir Soñando”

A beloved traditional drink combining fresh citrus juice and milk. Refreshing, creamy, and lightly sweet, it's a comforting beverage often enjoyed for hydration and nourishment.



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