

POSTPARTUM CARE OFFERINGS

THE
NOURISHMENT
CARE PACKAGE

POSTPARTUM
CARE OFFERINGS

WOMB CARE
BLISSFUL

Compassionate, Nurturing Care
for the Womb, Body & Soul

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THE NOURISHMENT CARE PACKAGE

I would be honored to cook for you in your kitchen!

Nourishment Care Package Includes:

(8 - 10 hours)

- Picking 4 - 6 options from the 30+ Menu options for me to prepare/cook in your home;
- Meal and Food Prep Planning;
- Picking up specialty ingredients/groceries (*Costco, Farmers Markets, Health Food Stores, etc.*);
- Washing Produce, Prepping Ingredients, Cooking, Dividing into Portions, and Organizing Food Storage;
- Kitchen Clean Up;
- Setting up water and snack stations around where you spend most of the time in your the house;
- An itemized checklist of what has been prepared and where it is stored;

In the planning time we will narrow down decisions based on prep/cooking time, how we can utilize the same ingredients in different recipes to save you money, and ensure there is minimal waste.

Investment (*Sliding Scale*) - \$400 - \$600

*(includes approx. 2-3 hours for planning and errands, 6-8 hours for prep, cooking and clean up in your home, and jars/food storage) - *groceries are your expense**



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WOMB CARE

THE NOURISHMENT CARE PACKAGE

(choose 4 - 6 options total)

BREAKFAST MENU

(makes 6-8 servings)

OATS & CHIA CONGEE

*with spiced apple compote/berry
compote/coconut milk/nut butter & honey -
whatever your heart desires!*

BAKED OATMEAL

*blueberry, apple, banana bread, cinnamon roll or
pecan pie*

HEARTY BREAKFAST HASH

*roasted potatoes and sweet potatoes with
veggies and breakfast meat of your choice*

MUFFIN TIN OMELETS

*mixed veggie & cheese, tomato, bacon & spinach,
or bacon, mushroom & arugula*





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(choose 4 - 6 options total)

BROTH MENU

(makes 6-8 liters)

IMMUNE BOOSTING CHICKEN BROTH

*roasted veggie & fresh herb OR
lemongrass ginger, both made with immune
boosting herbs and medicinal mushrooms*

IMMUNE BOOSTING BEEF PHO BROTH

*with warming spices like ginger, cinnamon,
cloves, and more, immune boosting herbs and
medicinal mushrooms*

IMMUNE BOOSTING SHIITAKE VEGETABLE BROTH

*rich and flavorful, full of vitamins and
minerals for immune support*

(option to choose prepped freezer bags to throw in the
slow cooker on your own instead of 6-8 liters made fresh)





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(choose 4 - 6 options total)

SOUP MENU

(makes 2-3 liters of soup, best paired with previous broth options as the base)

ROASTED BUTTERNUT SQUASH SOUP

with roasted sweet potatoes, apples, and onions, curry, warming spices, & coconut milk

SEASONAL GREENS SOUP

easily digestible way to get your greens in, great with quinoa and roast chicken for more sustenance

CHICKEN, RED DATE & GINGER SOUP

red dates boost circulation, build blood and qi, and enhances inner warmth

CREAMY CARROT GINGER COCONUT SOUP

the description speaks for itself...mmmm





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(choose 4 - 6 options total)

DINNER MENU

(makes 6-8 servings)

HEARTY SAUSAGE OR BEEF STEW

*slow cooked meat, vegetables, and greens in a
savory herb and tomato sauce*

VEGETABLE STEW

*versatile, adaptable vegetable stew with
warming spices and coconut milk*

SLOW COOKER POT ROAST

*a melt-in-your-mouth grass-fed chuck roast
slow cooked with potatoes and veggies*

CHICKEN & VEGETABLE STEW

*creamy, slow cooked and shredded chicken
breasts, herbs, potatoes, and vegetables*





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DINNER MENU

(makes 6-8 servings)

HERB BUTTER ROASTED CHICKEN

*with mashed or roasted potatoes, gravy, and your
choice of veggies*

CHICKEN FRICASSEE

*a one-pot slow braised chicken stew with
veggies and a creamy herb sauce*

CLASSIC SHEPHARD'S PIE

*with ground beef, herbs, veggies and sweet
potato or garlic mashed potatoes*

INDONESIAN CHICKEN SATAY

*marinated chicken thighs with peanut
sauce, coconut rice and veggies*





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BATCH PREP MENU

PREP & COOKING GRAINS

*rinsing, soaking, cooking and storing
rice, quinoa, pasta, etc. for build-your-own
Buddha bowls or side dishes*

PREP & COOKING VEGETABLES

*washing, peeling, chopping, cooking/roasting,
and storing potatoes, squash, sweet potato,
onions, mushrooms, etc. for breakfast hashes,
build-your-own Buddha bowls, or side dishes*

MEAT PREP & COOKING

*Cooking and storing in individual/meal size
portions - Bacon, sausages, ground beef,
roast/slow-cook/shredded chicken, beef or
pork - all great additions for soups too!*





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SNACK / SWEET MENU

(12-18 SERVINGS)

CHOCOLATE-DIPPED NUT BUTTER STUFFED MEDJOOOL DATES

tastes like a Snickers bar, but way healthier!

MORNING GLORY MUFFINS

*with carrots, apples, pineapple, coconut,
walnuts, and more!*

FRESH GINGER & MOLASSES POSTPARTUM CAKE

can be made into muffins as an alternative

SWEET POTATO BROWNIES

dense, fudgy, and gluten free

PROTEIN ENERGY BALLS

*collagen, peanut butter, GF oats, wildflower
honey & chocolate chips*





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TEA MENU

(makes 2-3 liters)

FRESH GINGER, TURMERIC & LEMON TEA

*anti-inflammatory, soothing and warming
for the digestive system*

WHOLE SPICE CHAI TEA

*black tea with freshly ground warming spices
(fennel, cardamom, cloves, star anise, cinnamon)
and fresh ginger*

RED DATE & GOJI BERRY TEA

*supports circulation, builds blood, supports
spleen and qi replenishment*

BLISSFUL POSTPARTUM TEA INFUSION

*hawthorn berry, cardamom, rose, nettle,
oatstraw, passionflower, and ginger*





ADDITIONAL POSTPARTUM CARE PACKAGES

The Rest, Warmth & Body Care Package

(4 - 5 hours) - \$300 - \$400 sliding scale

The Nourishment Care Package

(8 - 10 hours) - \$400 - \$600 sliding scale

The Community Care Package

(4 - 5 hours) - \$300 - \$400 sliding scale

**PAY IN FULL FOR 3 PACKAGE VISITS
(16 - 20 HOURS) - \$1,111**

OTHER OPTIONS

6 WEEKLY POSTPARTUM VISITS

IN THE FIRST 40 DAYS - 2 hour visits

(12 hours) - \$900 - \$1,200 sliding scale

6 WEEKLY POSTPARTUM YOGA CLASSES

FROM 2 WEEKS POSTPARTUM ONWARDS

75 minute X 6 private classes - \$555

MONTHLY VIRTUAL SUPPORT

WhatsApp Voice & Messaging support to hold space and resource you for all things motherhood and postpartum related - \$111 - \$222 sliding scale