



the RUBY.

postnatal

BREAKFAST

Berry and Almond Oatmeal Bowl

steel-cut oats | fresh berries | sliced almonds | honey

Poached Egg and Avocado Toast

seeded wheat toast | mashed avocado | poached egg | chia seeds

Greek Yogurt Parfait

greek yogurt | granola | flaxseeds | mixed fresh fruit

Banana Walnut Pancakes

whole-grain pancakes | mashed bananas | walnuts | maple syrup

Spinach and Feta Scramble

scrambled eggs with spinach | feta cheese | slice of seeded wheat toast

Açaí Bowl

crunchy nut granola | toasted coconut | banana | chia seeds | berries

LUNCH

Salmon and Avocado Salad

mixed greens | grilled salmon | avocado slices | cucumber | lemon vinaigrette

Turkey and Hummus Wrap

whole-wheat wrap | turkey breast | hummus | shredded carrots | spinach

Quinoa and Kale Power Bowl

quinoa | kale | roasted sweet potatoes | chickpeas | tahini dressing

Chicken Noodle Soup

whole-grain noodles | whole-grain crackers

Lentil & Veggie Stir-Fry

lentils | broccoli | bell peppers | sesame oil | brown rice

Mediterranean Veggie Flatbread

flatbread | roasted veggies | olives | feta cheese | olive oil

DINNER

Grilled Chicken with Sweet Potato Mash

grilled chicken breast | mashed sweet potatoes | steamed green beans

Herb-Crusted Salmon

oven-baked salmon | quinoa pilaf | sautéed spinach

Turkey Meatballs with Whole-Grain Pasta

lean turkey meatballs | marinara sauce | whole-grain spaghetti

Shrimp & Veggie Stir-Fry

sautéed shrimp | zucchini | snap peas | bell peppers | jasmine rice

Vegetarian Chili

kidney beans | black beans | tomatoes | spices | cornbread

Beef and Broccoli Bowl

lean beef stir-fried | broccoli | brown rice