

## **NEW MAMA MEAL DELIVERY**

New mama meal options provide an easy and delicious alternative to having friends or family prepare meals. Breathe easy that you will have a variety of healthy, nutrient-rich meals awaiting you at home or in the hospital directly after birth. All meals are gluten free, dairy free and desserts and snacks are sugar free or extremely low-glycemic.

## **NEW MAMA MEALS**

### **BREAKFAST**

FLOW SMOOTHIE / PROTEIN SMOOTHIE / BERRY SMOOTHIE

BLUEBERRY PORRIDGE

CINNAMON ROLL

EGG SCRAMBLE + BACON

SALTED MAPLE PANCAKES

### **LUNCH**

CURRIED CHICKEN SALAD

KALE CAESAR SALAD

SESAME GINGER NOODLES

TRUFFLE MAC & CHEESE

### **DINNER**

#### **Poultry**

INDIAN BUTTER CHICKEN

CHICKEN PEPPER FAJITAS

CHIMICHURRI CHICKEN

BARBEQUE CHICKEN QUINOA CASSEROLE



GLOW FLOW  
CHEFS

## **Seafood**

ASIAN SALMON CAKES

BBQ SHRIMP + CAULIFLOWER GRITS

LEMON CAPER SOLE

## **Red Meat**

HEARTY SMOKED CHILI

MEDITERRANEAN LAMB MEATBALLS

PARADISE BURGER

## **Vegetarian**

MUSHROOM RAGU + ZUCHINNI NOODLES

CURRY COCONUT DAL

ASIAN GINGER + CHICKPEA STEW

## **SWEETS**

CHOCOLATE PUDDING

KEY LIME PIE TARTLETS

SOFT-BAKED CHOCOLATE CHIP COOKIES

SEASONAL BERRY CRUMBLE

## **SNACKS**

CHOCOLATE MINT COLLAGEN BARS

CARAMEL VANILLA COCONUT CRUNCH