

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