

SUNstenance

Postpartum Nourishment

- ✓ easily digestible
- ✓ replenishing minerals
- ✓ hydrating yet satiating
- ✓ sustainable energy
- ✓ assist healing & recovery
- ✓ balance energy & doshas

Having just gone through the most magical pregnancy & postpartum period, I'm incredibly passionate about sharing what kept me nourished with other mothers. These items are intentionally crafted with mother and baby in mind, focusing on nutrient dense, organic whole foods, warming digestive spices, grounding, nourishing meals and snacks. We source local, homegrown and organic whenever possible, and customize each meal to mother's individual needs.

~ Ananya

Pricing

32oz Soup/ Stew/ Curry (Organic seasonal vegetables/ soaked legumes cooked w/ kombu)	\$12+
32oz Kitchari or Grain Medley (Soaked legumes & ancient grains; brown rice, amaranth, buckwheat, quinoa, teff, millet, etc.)	\$13
Lasagna/ Casserole (Whole wheat or GF noodles, organic seasonal vegetables, hemp/ brewers yeast/ oat cheese)	\$44+
10 Lactation Crepes (Sprouted oats, brewers yeast, chia/ flax seeds, herbs & spices)	\$8
10 Energy Laddus (sprouted seeds, black sesame, oats, dates, warming spices, cacao, etc)	\$8
Lactation Tea (Homegrown tulsi & nettle, fennel & fenugreek seeds, Ceylon cinnamon, cardamom)	\$11
Holistic Treats (Vegan, GF, Oil Free, Refined Sugar Free- Cakes, tarts, brownies, cookies, cupcakes, etc.)	\$5+

Holistic, Plant Based Pregnancy & Postpartum

Plant Power

Based on our research of many plant based MD's, PHD,s and researchers (see in references), we believe a plant based lifestyle is ideal for every stage of life, including pregnancy and postpartum. Plants are incredibly nutrient dense, providing ample vitamins, minerals, fiber and protein. Even more important than complete proteins themselves, plants offer amino acids, the building blocks of protein synthesis. It is much more efficient for the human body to utilize building blocks rather than break down protein (animal or plant based) then reorganize amino acids into the specific forms of protein we use. We use a combination of land and sea vegetables for their nutrient density. Sea vegetables are an excellent source of electrolytes like potassium and magnesium, along with iodine for thyroid function and hormone production. Arame is a seaweed used traditionally to balance women's hormones. Plants also provide the necessary fiber (both soluble and insoluble) for proper digestive function. This is especially important in pregnancy when constipation is a common symptom.

Ayurvedic Perspective

According to Ayurveda, pregnancy is a transformative time where a mother goes through a physical and spiritual process carrying divine energy. The doshas, or energetic qualities are present in each trimester and require proper balancing through diet and lifestyle. We use pacifying foods and offer lifestyle suggestions for the first 3 trimesters of pregnancy and 4th trimester of postpartum. The 1st trimester is kapha dominant, 2nd trimester is pitta dominant and 3rd trimester vata dominate. Postpartum is characterized by a dramatic vitiation of vata dosha, along with the largest hormonal shift in life! This period required rest and nourishment, warmth, touch and support. We use a combination of ayurvedic herbs in our foods, as well as offer recommendations for pregnancy and postpartum Dinacharya (daily practices).

Digestion is Key

According to Ayurveda, its not "you are what you eat," but "you are what you digest." Agni, or the digestive fire needs to be properly maintained by eating the proper amount of properly cooked foods at the ideal times. Chewing is key. Nutrition is incredibly important during pregnancy and postpartum, which is why our meals aim to enhance digestibility of foods and truly nourish the body. All grains and legumes are soaked overnight, then cooked with kombu. Kombu is a sea vegetable used to enhance the digestibility of proteins and starches.