

Postpartum Nourishment

Catskills Birth Collective



I offer three different packages to meet your families needs. These prices include grocery shopping, meal planning, and the time spent cooking, cleaning up, and delivery.

10% discount for service for multiple weeks

Snacker

Snacks and Drinks

(Perfect for someone who already has a meal train in place)

2 different soups/broths - (2 servings each)

4 teas/smoothies/tonic drinks

3 snacks

\$115

Half Week

Most Popular

Delivery once a week

2 breakfast meals - (2 servings each)

3 lunch/dinner meals - (2 servings each)

2 different soups/broths - (2 servings each)

3 teas/smoothies/tonic drinks

3 snacks

\$370

Full Week

Complete Nourishment

Delivery Twice a Week

3 breakfast meals - (2 servings each)

6 lunch/dinner meals - (2 servings each)

3 different soups/broths - (2 servings each)

6 teas/smoothies/tonic drinks

4 snacks

\$600

I look forward to nourishing you!
Please reach out with any questions.

| catskillsbirth.org | [@catskillsbirthcollective](https://www.instagram.com/catskillsbirthcollective) | (413) 259-5620 |

