



Not every mom bounces back in 30 days.

And once confinement ends, who really has time to cook — especially while breastfeeding?

Your body's still healing, still giving. You still need care.

JingMommy's Postpartum Nourishment Meals are made for this in-between stage —

” to help you go from recovery to mom life with warmth and strength”

Flexible plans, made to fit your time, needs, and budget. Keep nourishing, keep going.

## Recovery-Plus Meal Comparison Chart

	Plan A	PlanB	PlanC	Classic Meal	Vita Meal	Low Carb Meal	Daddy Meal
Breakfast: Egg				✓		✓	
Breakfast: Porridge				✓			
Lunch: Fish soup or postpartum soup		✓	✓	✓	✓	✓	
Lunch: Entrée (protein)	✓	✓		✓	✓	✓	✓
Lunch: Vegetable	✓			✓	✓	✓	✓
Lunch: Rice	✓			✓	✓		✓
Dinner: Traditional Taiwanese postpartum soup				✓	✓	✓	
Dinner: Postpartum soup	✓	✓	✓	✓	✓	✓	
Dinner: Entrée (protein)	✓	✓		✓	✓	✓	✓
Dinner: Vegetable	✓			✓	✓	✓	✓
Dinner: Rice	✓			✓	✓		✓
Dessert				2	1		
Healing drink	✓	✓	✓	✓	✓		
Chicken Essence	✓	✓	✓	optional	optional	optional	optional
Price	\$70	\$60	\$45	\$85	\$75	\$65	\$25

\*This special offer is only available for customers who order JingMommy's postpartum meal plans of 21 days or more.

