

7-day menu assignment for acute care facility (postpartum patients)

Organization: PostCare for postpartum mothers

	Breakfast	Lunch 1:	Lunch 2:	Dinner 1:	Dinner 2:
Monday	Berry Nutty Oatmeal Peanut or almond butter (1tbs) Cooked oats (1c) Topped with Chia seeds (1tbsp) Diced almonds (1/4c) Fresh raspberries & blueberries (1/2c) Honey drizzle Side of Greek yogurt (1c) Banana (1) granola (1/4c)	Mediterranean chicken quinoa bowl Grilled chicken breast (3 oz) Cooked quinoa (1c) Spinach/ arugula mix (1/2c) Fresh avocado (1/4c) Garden picked cherry tomatoes (1/4c) Olive oil and lemon vinaigrette (1tbsp) Side of Toasted whole grain pita bread (1) Mediterranean style hummus (1/4c) Apple or pear (1)	Smoked Mediterranean Tuna Wrap Hickory smoked Tuna (3oz) Whole grain wrap (1) Full fat Greek yogurt (1/2c) Diced celery (1/4c) Fresh spinach (1/4c) Side of Sliced carrot sticks (1c) Mediterranean style hummus (1/4c) apple or pear (1)	Honey Glazed salmon with roasted veggies Honey braised salmon (4oz) Cooked brown rice (1/2c) Steamed broccoli (1c) Baked sweet potato (1) Side of Mixed greens (1c) Olive oil & balsamic vinegar (1tbsp)	Bean and vegetable chili (1c) Black beans (1/4c) kidney beans (1/4c) Brown rice (1/2c) Tomatoes (1/4c) Peppers (1/4c) homestyle cornbread (1)
Tuesday	Veggie Scramble with Avocado Toast Scrambled eggs (3) Spinach (1/4c) Bell peppers (1/4c) Diced onions (1/4c) Garden fresh cherry tomatoes (1/4c) Whole grain toast (2 slices) Fresh avocado (1/2) Assorted berries (1c)	Turkey Melt with Avocado Roasted turkey breast (3oz) Whole grain bread (4 slices) Fresh avocado (1/2) Chopped crisp lettuce (1/4c) Sliced tomatoes (1/4c) Slice of Provolone cheese Side of Mixed greens salad (1c) Raspberry balsamic and Olive oil dressing (1tbs)	Beef and Veggie Stir fry with rice noodles Lean Beef sirloin (3oz) Cooked brown rice (1c) Bell peppers (1/2c) Broccoli (1c) Sliced carrots (1/2c) Fresh ginger (1 tsp) Soy sauce (1 tbsp) Sesame seeds (1 tsp)	Wild Caught Shrimp Stir-fry Blackened Shrimp (4 oz) Broccoli (1/4c) Carrots (1/4c) bell peppers (1/4c) Brown rice (1/2c)	Chicken Casserole Shredded chicken (4oz) layered with sweet potatoes (1/4c) topped with Smoked gouda cheese (3tbsp) Side of Mixed greens salad (1c) Olive oil dressing (1tbsp)
Wednesday	Peanut butter Banana Smoothie Large banana (1) Peanut butter (2 tbsp) spinach (1c) Oats (1/c) Greek yogurt (1/2c) Unsweetened almond milk (1c) Whole grain toast (2 slices)	Homestyle Chicken Soup (1c): Chopped chicken (3oz) Sliced carrots (1/4c) Diced celery (1/4c) Skinned Potatoes (1/4c) Whole grain roll (1)	Southwest Quinoa salad Black beans (1/2c) Cooked quinoa (1c) Roasted corn (1/4c) Chopped avocado (1/2) salsa (1/4c) Chopped cilantro (2 tbsp) Sour cream (1 tbsp) Ripe orange (1)	Spaghetti and Meat sauce Lean ground beef (4 oz) Whole wheat spaghetti (1c) Garlic roasted marinara sauce (1/2c) sautéed spinach (1c) Garlic bread (1 slice)	Tofu Stir-fry Grilled tofu (1c) stir-fried with Broccoli (1/4c) Carrots (1/4c) Red peppers (1/4c) Served over Cooked quinoa (1/2c)

Thursday	Egg and Veggie Wrap Scrambled eggs (2) Whole grain tortilla (1) Sautéed spinach (1/2c) Cherry tomatoes diced (1/4c) Hashbrowns (1/4c) Apple slices on the side	Honey roasted turkey (3oz) Whole grain wrap (1) Avocado (1/2) Spinach (1/4c) Side of Cucumber slices (1c) Thia peanut butter sauce (1tbsp)	Lentil Salad Cooked lentils (1 cup) Kale (1/4c) Sliced cherry tomatoes (1/4c) Crumbled feta (2 tbsp) Whole grain bread (1)	Bacon-Braised chicken Bowl Grilled chicken breast (4oz) Brown rice (1/2c) Bacon braised steamed green beans (1c)	Turkey Stuffed pepper stuffed with Ground turkey (1c) Brown rice (1/4c) Large Bell pepper (1) Sprinkle cheese (3tbsp) Roasted Brussel sprouts (1c)
Friday	Whole grain pancakes (3) Assorted berries (1/2c) drizzle of maple syrup Side of Greek yogurt (1c) Granola (1/4c)	Roasted pepper hummus veggie wrap Roasted pepper hummus (1/2c) Whole grain wrap (1) Cucumbers (1/4c) Carrots (1/4c) Spinach (1/2c) Side of Sliced bell peppers (1c) Tazikki (1 tbsp)	Salmon Salad Canned salmon (3oz) Arugula (1/2c) Cucumber (1/4c) Olive oil vinaigrette (1 tbsp) Whole grain bread (1 slice)	Classic spaghetti and meatballs Turkey meatballs (4oz) Marinara sauce (1/2c) Whole wheat pasta (1c) Diced mushrooms (1/4c) Side of Roasted Brussel sprouts (1c)	Shrimp and Grits Shrimp (4oz) sautéed with garlic, oil, and diced tomatoes Cooked grits (1c) Shredded cheddar cheese (1c) Side of Mixed greens with balsamic and olive oil 1 whole wheat dinner roll
Saturday	Avocado toast Hard boiled eggs (2) Whole grain bread (2 slices) Avocado (1/2) Cilantro (1tsp) Red onion (1 tbsp) Side of fresh berries (1c)	Tuna salad Tuna (3oz) Greek yogurt (1/4c) Celery (1/4c) Whole grain crackers 1 apple or pear	Chicken Gyro Grilled chicken (3oz) Whole wheat pita (1) Tzatziki sauce (1/4c) Cucumber slices (1/4c) Side of Mediterranean style rice (1/2c)	Beef stir-fried (4oz) broccoli (1/4c) Peppers (1/4c) Sliced onion (1/4c) Teriyaki sauce (2 tbsp) Side of Brown rice (1/2c)	Black bean tacos Black beans (1/2c) whole grain tortillas (2) Corn (1/4c) Avocado (1/2) Red salsa (1/4c) sour cream (1 tbsp) Mexican style rice (1/2c)
Sunday	Berry Smoothie bowl Banana (1) Mixed berries (1/2c) Spinach (1c) Almond butter (1 tbsp) Granola (2 tbsp) Chia seeds (1 tbsp) Boiled egg (1)	Crisp Chicken Caesar Salad Grilled chicken (3oz) Romaine lettuce (1c) Caesar dressing (2 tbsp) Whole grain croutons (1/4c) Fresh parmesan (2 tbsp)	Egg salad Hard boiled eggs (3) Greek yogurt (1/4c) Mustard (1tbsp) Side of carrot sticks Whole grain bread	Chicken dinner 2 baked chicken thighs (4oz) Mashed potatoes (1c) Gravy (1/4c) Collard greens (1c)	Vegetarian lasagna Zucchini (1/2c) Eggplant (1c) Ricotta (1/2c) Garlic bread (1 slice)

Dark green vegetables, red/orange vegetables, beans, whole grains, legumes/beans

2600 meal plan

40		
2600, 18-45, women	Lunch	Dinner
6 1/2 protein	3 oz	4 oz
9 oz starch/grain	5 oz	4 oz
3 1/2 cup vegetables	1 1/2 cup	1 1/2 cup

Marketing plan:

PostCare is a healthcare provider in Frisco, Texas, known for its family-oriented atmosphere and diverse demographics. With a rapidly growing population of over 225,000, Frisco is known for its excellent healthcare facilities and specialized services, particularly for postpartum women and new mothers, due to its young and diverse population. PostCare caters to postpartum women aged 18-45, offering personalized care and meal services to meet their nutritional and recovery needs.

Our target market includes women seeking comprehensive support during their recovery. The USDA recommends a daily calorie range of 2,600 to 2,800, ensuring the menu supports healing and energy requirements for breastfeeding and recovery. PostCare, located in Frisco, Texas, provides a nurturing environment for postpartum women to heal and receive personalized care. With expertly designed meal plans and fresh, room service-style dining, they offer various wholesome, nutrient-dense options. PostCare meets USDA guidelines for postpartum nutrition, ensuring mothers can enjoy their meals at their own pace. Their goal is to help mothers thrive in their motherhood journey.

Other notes/considerations:

PostCare is a company that provides nutritionally balanced meals to support postpartum women during their recovery. Its foods are nutrient-dense, containing less than 30% of total daily calories from fat. It focuses on healthy fats like omega-3s from fish, nuts, and seeds. It also limits saturated fats and eliminates trans fats to ensure cardiovascular health. Postpartum women need sustained energy for healing and breastfeeding, and half of their meals are whole grains like oatmeal, brown rice, and whole wheat. They also provide essential vitamins and minerals for replenishing nutrients lost during childbirth. PostCare prioritizes maintaining a daily cholesterol intake below 300mg, incorporating lean proteins like chicken, fish, and plant-based alternatives. They also prioritize adequate fiber intake, incorporating fruits, vegetables, legumes, and whole grains to prevent constipation and maintain overall comfort. PostCare ensures that every meal promotes healing, restores energy, and supports postpartum women's physical and emotional well-being. Each meal is thoughtfully prepared to balance nutrients, helping new mothers recover with strength, vitality, and the nourishment they need for their journey ahead.