

Congratulations...

**You are going to have a baby...BUT
DO NOT forget about YOURSELF!**

It's not uncommon to feel down in the first few months after childbirth. Your body is recovering physically from labor and delivery. You're dealing with postpartum hormonal swings, and you're adjusting to life with the newest – and most demanding – member of your family.

*All of this can leave you feeling exhausted, and anxious. And while feeding yourself may be last on your to-do list, eating healthy foods, having regular meals and snacks, and following a few simple nutrition strategies can help **boost your energy level and your mood.***

We are here to help YOU...



"My Chef Lara" specializes in cooking custom designed meals for you and your family in your home and

create delicious food with all of the additional nutrition you need.

Everything prepared from scratch!

401-831-1657

info@MyChefLara.com

www.mycheflara.com

"My Chef Lara" offers you:

*Customized Menus
Meal Preparation in your Home
Variety of Healthy Menus
Grocery Shopping
Freshest Vegetables*
Fresh Seafood*
Top Quality Meats*
Fresh Herbs and Seasonings**

** only from top rated and reputable suppliers*

We are "My Chef Lara":



*Lara Moritz & Norbert Klotz
Professional Personal Chefs & Food Safety Mgrs.*

*(serving the East Side of Providence,
Rhode Island and Southern MA)*

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**Give the
"Gift of Comfort"
to a Mother with a newborn Baby**



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Take care of yourself after birth:

The postpartum period begins after the delivery of the baby and ends when the mother's body has returned as closely as possible to its pre-pregnant state. This period usually lasts **six to eight weeks.**

A mother needs to take good care of herself to rebuild her strength. She will need plenty of **rest, good nutrition, and help** during the first few weeks.

Imagine a sparkling kitchen full of delicious smells from a day of cooking. Your fridge and freezer will be full of nutritious meals ready to be re-heated and served.



Rest, REST and REST!!!

Every new parent soon learns that babies have different time clocks than adults. A typical newborn awakens about every three hours and needs to be fed, changed, and comforted. Especially if this is their first baby, parents - especially the mother - can become overwhelmed by exhaustion.

In the first few weeks, a mother should be relieved of all responsibilities other than feeding the baby and taking care of herself.



Save steps and time.

Have your baby's bed near yours for feedings at night.

Have "My Chef Lara" take care of all your nutritional and cooking needs.

Do not worry about having to shop, cook or clean. We will take care of **everything!** (even the garbage)

What you can expect...

When you hire "MyChefLara", we will come to your home and conduct an interview and complete a detailed questionnaire with you. This will be used to build customized menus, which will be presented to you for approval **prior** to your scheduled cooking day.

Each menu will list entrees and side dishes which can serve you for a two to four week period. We will bring our own cookware and spend the day preparing **YOUR** menu of meals.



Up to 80 percent of new moms experience the "Baby Blues".



Let "My Chef Lara" help you not to be one of them.

Grandmas! Do you still remember when? Wouldn't you have loved a service like this?

Hint:

"My Chef Lara" also issues **gift certificates.**