

-- 頤珍宮膳 30 天坐月子料理指南 --

YIFOOD 30-Day Postpartum Cooking Guide

四階段藥膳煲湯 × 月子茶飲完整調理建議 (A Four-Phase Wellness Program

Featuring Herbal Nourishing Soups & Botanical Recovery Teas)

日	料理燉包	建議搭配	月子茶飲	日	料理燉包	建議搭配	月子茶飲
1	益母草淨化代謝燉包	魚、排骨	大車養心茶飲	16	王不留行豐沛燉包	排骨、牛、雞、豬腳	止渴元氣美容茶飲
2	伏神天麻好眠燉包	排骨、雞	益母草復舊茶飲(自然產)	17	顏容玉竹夢氣燉包	雞、蝦、排骨	青木瓜豐滋滋養茶
3	牛蒡養生元氣燉包	雞、蝦、排骨	忘憂草本玫瑰茶	18	黃金蟲草養生燉包	雞、蝦、排骨	黑豆杜仲健體茶飲
4	益母草淨化代謝燉包	魚、排骨	牛蒡養生保健茶	19	杜仲四物滋養燉包	雞、排骨	忘憂草本玫瑰茶
5	通竅天麻安神燉包	雞、排骨	大車養心茶飲	20	通竅天麻安神燉包	雞、排骨	大車養心茶飲
6	益母草淨化代謝燉包	魚、排骨、雞	黑豆杜仲健體茶飲	21	五子固本益氣燉包	豬腳、排骨、雞、牛尾	決明子清熱茶飲
7	青木瓜淮山通汝燉包	魚、豬腳、排骨	益母草復舊茶飲(自然產)	22	十全溫潤大補燉包	排骨、雞、豬腳	山楂陳皮理氣茶
8	顏容玉竹夢氣燉包	雞、蝦、排骨	青木瓜豐滋滋養茶	23	杜仲強身健體燉包	雞、排骨	黃耆枸杞當歸飲
9	紅潤滋養五寶燉包	雞、羊	忘憂草本玫瑰茶	24	梅香元氣滿分燉包	魚、排骨、雞	黑豆杜仲健體茶飲
10	四神紅潤當歸燉包	排骨、魚	黃耆枸杞當歸飲	25	首烏滋養烏髮燉包	雞、排骨、豬尾、牛尾、羊	大車養心茶飲
11	王不留行豐沛燉包	排骨、雞、豬腳	止渴元氣美容茶飲	26	八珍加味養生燉包	雞、排骨、豬尾、牛尾、羊	山楂陳皮理氣茶
12	杜仲強身健體燉包	雞、排骨	大車養心茶飲	27	黃金蟲草養生燉包	雞、蝦、排骨	黃耆枸杞當歸飲
13	青木瓜淮山通汝燉包	魚、豬腳、排骨	忘憂草本玫瑰茶	28	十全溫潤大補燉包	雞、排骨、豬尾、牛尾、羊	牛蒡養生保健茶
14	紅潤滋養五寶燉包	雞、羊	決明子清熱茶飲	29	五子固本益氣燉包	豬腳、排骨、雞、牛尾	黑豆杜仲健體茶飲
15	四神紅潤當歸燉包	排骨、魚	青木瓜豐滋滋養茶	30	首烏滋養烏髮燉包	雞、排骨、豬尾、牛尾、羊	決明子清熱茶飲

產後中藥調理原則：每個人體質不同，應於產後純屬月子調理膳食，如有慢性系統與婦科相關疾病，食用前請先諮詢中醫師。
藥膳調理：上述藥膳燉包皆可加入適當時令生鮮食材加以燉煮，第一周起也可搭配烏骨雞燉包一同調理，更具補養效力。

藥膳茶

一次加入5包茶包，可以烹煮2000cc的茶。

或加入1包茶包放入茶杯中，以500cc熱水沖泡。

藥膳燉包

加入1包燉包，可以烹煮2000cc的茶。

真老麻油

- 黑芝麻醬
- 黑麻油

二擇一

將1600-2000cc的水倒入鍋中，放入用藥膳的食材與燉包(本藥膳燉包)，用小火燉煮，或放入電鍋外鍋加2-3杯水，燉約40-60分鐘即可享用！

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2	伏神天麻好眠燉包	排骨、雞	益母草結經茶(剖腹產)	17	顏容玉竹夢氣燉包	雞、蝦、排骨	青木瓜豐滋滋養茶
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#第一階段 (Day 1-7) 代謝淨化 × 傷口恢復期【自然產 Natural Birth】

身體正在修復什麼？

產後第一週是身體變化最大的階段，此時子宮逐漸恢復原本大小、惡露自然排出，無論自然產或剖腹產，都需要支持傷口癒合與補充生產時流失的水分及營養。

調理重點	建議搭配食材	建議燉包料理搭配方式	茶飲建議
✓ 支持產後代謝與恢復	鱸魚	✓ 益母草淨化里肌山藥湯	(2000ml/day)
✓ 補充水分與電解質	石斑魚	✓ 伏神天麻栗子燉土雞湯	益母草淨化代謝茶
✓ 修復傷口避免發炎	雞腿	✓ 牛蒡養生藥膳雞腿湯	大棗安心好眠茶
✓ 支持乳汁開始分泌	排骨	✓ 益母草石斑清淤湯	牛蒡養生平衡茶
✓ 維持消化功能	豬里肌	✓ 通竅天麻排骨香菇雞湯	忘憂草本玫瑰茶
		✓ 益母草藥膳鱸魚燉湯	#幫助每日補充水分，
		✓ 青木瓜淮山排骨燉湯	搭配均衡飲食更容易養
		避免油炸、辛辣及重口味料理。	成良好的飲水習慣並健
			立好的身體代謝循環機
			能。

#第二階段 (Day 8-14) 營養補充 × 哺乳支持期【自然產 Natural Birth】

身體正在修復什麼？

乳汁分泌逐漸穩定，身體開始需要更多蛋白質與能量，支援日常活動及哺乳需求。

調理重點	建議搭配食材	建議燉包料理搭配方式	茶飲建議
✓ 補充優質蛋白質	雞腿	✓ 顏容玉竹藥膳鮮蝦湯	(2000ml/day)
✓ 支持正常乳汁分泌	土雞	✓ 紅潤滋養五寶土雞湯	青木瓜豐汝滋養茶
✓ 補充鐵質及營養	鮮蝦	✓ 四神玉米排骨燉湯	黃耆枸杞當歸飲
✓ 恢復精神與體力	豬腳	✓ 王不流行花生豬腳湯	忘憂草本玫瑰茶
	排骨	✓ 杜仲強身菇菇燉雞湯	止渴元氣美容茶
		✓ 青木瓜淮山排骨燉湯	黑豆杜仲健體茶
		✓ 紅潤滋養五寶排骨湯	#哺乳媽媽最需要每日 水分攝取需達 3,000ml 以上

第三階段 (Day 15-21) 補氣養血 × 元氣恢復期【自然產 Natural Birth】

身體正在修復什麼？

身體逐漸恢復正常循環，體力也開始回升，此時可逐步增加營養密度，支持筋骨恢復與日常活動。

調理重點	建議搭配食材	建議燉包料理搭配方式	茶飲建議 (2000ml/day)
✓ 補充蛋白質	牛腱	✓ 四神山藥美顏排骨湯	黑豆杜仲健體茶
✓ 支持氣血調理	牛尾	✓ 王不流行牛腱蔬菜湯	止渴元氣美容飲
✓ 維持正常代謝	排骨	✓ 顏容玉竹蓮藕燉雞湯	青木瓜豐乳滋養茶
✓ 恢復精神與體能	雞肉	✓ 黃金蟲草百菇燉雞湯	山楂陳皮理氣茶
✓ 免疫系統平衡，維持正常生理機能	羊肉 (依個人體質)	✓ 杜仲四物藥膳羊肉湯 ✓ 通竅天麻玉米土雞湯 ✓ 五子固本栗子土雞湯	忘憂草本玫瑰茶 大棗安心好眠茶 #這階段茶飲的補充不僅理氣外更重要的是達到身體的平衡。

第四階段 (Day 22-30) 調養平衡 × 深層滋養期【自然產 Natural Birth】

身體正在修復什麼？

進入產後最後一週，除了深層的滋養與月子的尾聲進入收斂期，身體也逐漸回到日常生活節奏，此階段重點在於維持體力、調整生活作息及建立長期健康飲食習慣。

調理重點	建議搭配食材	建議燉包料理搭配方式	茶飲建議
✓ 深層大滋養	雞腿	✓十全藥膳燉牛尾湯	黑豆杜仲健體茶
✓ 維持元氣	牛尾	✓杜仲強身百菇排骨湯	決明子清熱茶
✓ 支持筋骨健康	排骨	✓枸杞元氣鮮魚燉湯	山楂陳皮理氣茶
✓ 銜接轉換日常保養	魚肉	✓首烏滋養南瓜排骨湯	牛蒡養生平衡茶
✓ 為育兒生活做準備	豬腳	✓八珍加味山藥土雞湯	大棗安心好眠
		✓黃金蟲草姑姑鮮蝦湯	黃耆枸杞當歸茶
		✓十全藥膳排骨元氣燉湯	
		✓五子固本玉米豬尾湯	
		✓首烏滋養蓮藕燉雞湯	

燉

中醫師x營養師學理規劃 燉包產後四階段對照表

- 益母草淨化代謝燉包
- 顏容玉竹參氣燉包
- 通竅天麻安神燉包
- 四神紅潤當歸燉包
- 紅潤滋養五寶燉包
- 牛蒡養生元氣燉包
- 伏神天麻好眠燉包
- 王不留行豐沛燉包
- 枸橼元氣滿分燉包
- 杜仲強身健體燉包
- 黃金蟲草養生燉包
- 八珍加味養生燉包
- 杜仲四物滋養燉包
- 五子固本益氣燉包
- 首烏滋養黑亮燉包
- 十全溫潤大補燉包
- 青木瓜淮山通汝燉包

孕期階段	產後第一週	產後第二週	產後第三週	產後第四週以上
益母草淨化代謝燉包	○產後第一週適用			
顏容玉竹參氣燉包	○孕期間適用	○產後第一、二週適用		
通竅天麻安神燉包	○孕期間適用	○產後第一週後半、二週適用		
四神紅潤當歸燉包	○孕期間適用			
紅潤滋養五寶燉包	○孕期間適用		○產後第二、三週適用	
牛蒡養生元氣燉包	○孕期間適用		○產後第二、三週適用	
伏神天麻好眠燉包	○孕期間適用			
王不留行豐沛燉包			○產後第二、三、四週適用	
枸橼元氣滿分燉包	○孕期間適用		○產後第二、三、四週適用	
杜仲強身健體燉包			○產後第二、三、四週適用	
黃金蟲草養生燉包	○孕期間適用			
八珍加味養生燉包			○產後第三、四週適用	
杜仲四物滋養燉包			○產後第三、四週適用	
五子固本益氣燉包	○孕期間適用		○產後第三週後半、四週適用	
首烏滋養黑亮燉包				○產後第四週適用
十全溫潤大補燉包				○產後第四週適用
青木瓜淮山通汝燉包		○產後全階段適用		

頤珍奈米燉包

天然·養生·快速煲

Yifood



茶

中醫師x營養師學理規劃 茶包產後四階段對照表

- 益母草復舊茶飲(自然產)
- 益母草祛經茶(剖產)
- 黑豆杜仲健體茶
- 黃耆枸杞養顏茶
- 山楂陳皮理氣茶
- 青木瓜母滋養茶
- 止渴元氣養容飲
- 忘憂玫瑰草本茶
- 大圓豐心好眠茶飲
- 決明子清熱茶飲
- 牛蒡養生保健茶

孕期階段	產後第一週	產後第二週	產後第三週	產後第四週以上
益母草復舊茶飲(自然產)	○產後第1週適用			
益母草祛經茶(剖產)	○產後第1週適用			
黑豆杜仲健體茶	○孕期間適用		○產後第三、四週適用	
黃耆枸杞養顏茶	○孕期間適用			
山楂陳皮理氣茶	○孕期間適用		○產後第三、四週適用	
青木瓜母滋養茶		○產後第二、三、四週適用		
止渴元氣養容飲		○產後第二、三、四週適用		
忘憂玫瑰草本茶	○孕期間/產後四階段全適用			
大圓豐心好眠茶飲	○孕期間/產後四階段全適用			
決明子清熱茶飲	○孕期間/產後四階段全適用			
牛蒡養生保健茶	○孕期間/產後四階段全適用			

頤珍奈米茶包

天然·養生·快速煲

Yifood



日常飲用



• 放入1包茶包，以500cc熱水沖泡

月子調理



• 以5包茶包(5小入款)，以1600-2000cc熱水沖泡



• 以1包茶包(單入款)，以1600-2000cc熱水沖泡

#一包月子茶，可全家一起飲用，機能保養全家受惠

依包裝建議使用電熱壺或是直火燉煮約 1500–2000 c.c. 熱水 10 分鐘左右，可浸泡 10 分後撈起茶包，可作為全天飲品，方便補充水分。



#家人、先生、月嫂都能輕鬆料理的養生燉湯

無須自行抓藥或長時間熬煮，只需加入新鮮食材與適量清水，依建議燉煮約 40–60 分鐘，即可完成一道營養藥膳料理，讓居家坐月子更便利。



#頤珍宮膳套組-四階段循序調理，比天天喝同一種湯更有規劃

頤珍宮膳依據產後不同恢復階段設計 30 天藥膳煲湯與茶飲組合，希望讓媽媽每日都能有不同的飲食搭配，循序安排產後營養補充，讓居家坐月子、月嫂到府服務及海外坐月子家庭，都能更輕鬆完成完整的 30 天調理計畫。

POSTPARTUM RECOVERY TEA & SOUP BLEND SET 🌸

30-Day Herbal Care Program for New Moms
Inspired by Traditional Asian Postnatal Wisdom – Gentle, Nourishing, and Restorative.



4 Stages of Postpartum Care – Nourish Every Step of Your Recovery

Stage	Days	Focus	Description
Stage 1	Days 1-7	Warm & Detox	Support circulation and help the body recover after delivery.
Stage 2	Days 8-14	Nourish & Replenish	Rebuild energy, replenish qi & blood, and support milk supply.
Stage 3	Days 15-22	Strengthen & Restore	Strengthen the body, balance hormones, and improve overall vitality.
Stage 4	Days 23-30	Balance & Maintain	Maintain long-term balance and help you transition back to your best self.

Rooted in Postnatal Traditions in Thailand & Vietnam
Carefully selected Chinese herbs and natural ingredients commonly used in local postnatal practices to support recovery, warmth, and inner balance.

What's Inside: 30 sachets of Premium Herbal Soup Blend + 30 sachets of Functional Herbal Tea.
Hassle-Free Care: No need to decoct herbs – just brew and enjoy. Daily guidance included for your 30-day journey.

Trusted by Thousands of Moms in Thailand, Vietnam and Across Asia.
Professional Formula. Real Ingredients. Real Results.

Phase 1 – Detoxification & Wound Recovery

Phase 2 – Nutritional Replenishment & Lactation Support

Phase 3 – Qi & Blood Nourishment & Vitality Recovery

Phase 4 – Deep Nourishment & Long-Term Wellness

Professional Cooking Tips

For optimal nutrition, pair each YIFOOD herbal soup pack with fresh meat, seafood, and seasonal vegetables. This combination creates balanced, nourishing meals that are easy for family members or postpartum caregivers to prepare at home.

Maintain a varied diet and adequate hydration throughout the postpartum period to support recovery, breastfeeding, and daily wellness.

Phase 1 (Days 1 – 7)

Detoxification & Wound Recovery

(For Vaginal Delivery)

What Is Your Body Recovering From?

The first week after childbirth is the most critical stage of postpartum recovery. During this time, the uterus gradually contracts back to its pre-pregnancy size, lochia (postpartum discharge) is naturally eliminated, and the body begins healing from childbirth. Proper nutrition and hydration are essential to support tissue repair, replenish nutrients lost during delivery, and prepare the body for breastfeeding.

Recovery Goals

- ✓ Support postpartum metabolism and natural recovery
 - ✓ Promote wound healing and reduce post-delivery inflammation
 - ✓ Replenish fluids and electrolytes
 - ✓ Support the initiation of breast milk production
 - ✓ Maintain healthy digestive function
-

Recommended Ingredients

Sea Bass

Grouper

Chicken Drumsticks

Pork Ribs

Pork Tenderloin

Recommended Herbal Soup Recipes

- ✓ Motherwort & Yam Pork Tenderloin Soup
- ✓ Poria, Gastrodia & Chestnut Chicken Soup
- ✓ Burdock Herbal Chicken Drumstick Soup
- ✓ Motherwort Grouper Recovery Soup
- ✓ Gastrodia Mushroom Pork Rib Soup
- ✓ Motherwort Sea Bass Herbal Soup
- ✓ Green Papaya & Chinese Yam Pork Rib Soup

Avoid fried, spicy, greasy, or heavily seasoned foods during the first week.

Recommended Daily Herbal Tea Intake

Approx. 2,000 mL per day

- Motherwort Detox Tea
- Jujube Relaxation Tea
- Burdock Wellness Tea
- Rose Botanical Relaxation Tea

Staying well hydrated is an essential part of postpartum recovery. Drinking adequate fluids together with a balanced diet helps support normal metabolism, maintain healthy circulation, and meet the increased hydration needs associated with breastfeeding.

Phase 2 (Days 8 – 14)

Nutritional Replenishment & Lactation Support

(For Vaginal Delivery)

What Is Your Body Recovering From?

By the second week after childbirth, your body enters a stage of active nutritional recovery. As breast milk production becomes more established, your nutritional and energy needs increase to support breastfeeding, tissue repair, and daily recovery. A balanced intake of protein, fluids, and essential nutrients helps replenish the body and promotes overall postpartum wellness.

Recovery Goals

- ✓ Replenish high-quality protein
 - ✓ Support healthy lactation
 - ✓ Restore iron and essential nutrients
 - ✓ Rebuild energy and physical strength
-

Recommended Fresh Ingredients

- ✓ Chicken Drumsticks
 - ✓ Free-Range Chicken
 - ✓ Fresh Shrimp
 - ✓ Pork Knuckles
 - ✓ Pork Ribs
-

Recommended Herbal Soup Pairings

- ✓ Beauty & Chinese Yam Shrimp Soup
- ✓ Five-Herb Nourishing Chicken Soup
- ✓ Four-Herb Corn Pork Rib Soup
- ✓ Peanut Pork Knuckle Soup for Lactation
- ✓ Eucommia Mushroom Chicken Soup

✓ Green Papaya & Chinese Yam Pork Rib Soup

✓ Five-Herb Nourishing Pork Rib Soup

Recommended Herbal Tea Program

Approx. 2,000 mL per day

- Green Papaya Lactation Support Tea
- Astragalus, Goji & Angelica Herbal Tea
- Botanical Rose Relaxation Tea
- Vitality & Beauty Herbal Tea
- Black Bean & Eucommia Wellness Tea

Breastfeeding mothers generally require approximately 3,000 mL of total daily fluid intake, including water, soups, herbal teas, and other beverages, depending on individual needs and healthcare professional recommendations. Adequate hydration supports normal breast milk production, helps replenish fluids lost during childbirth, and contributes to overall postpartum recovery.

Phase 3 (Days 15 – 21)

Qi & Blood Nourishment × Vitality Recovery

(For Vaginal Delivery)

What Is Your Body Recovering From?

By the third week postpartum, your body has entered a more stable stage of recovery. Circulation and energy levels gradually improve, allowing for a more nutrient-dense diet to support muscle strength, connective tissue recovery, immune health, and the transition back to daily activities.

Recovery Goals

✓ Replenish high-quality protein

- ✓ Support healthy blood nourishment and postpartum wellness
 - ✓ Maintain normal metabolism
 - ✓ Restore energy and physical vitality
 - ✓ Support immune balance and normal physiological function
-

Recommended Fresh Ingredients

- ✓ Beef Shank
 - ✓ Oxtail
 - ✓ Pork Ribs
 - ✓ Chicken
 - ✓ Lamb (*according to individual dietary preference and body condition*)
-

Recommended Herbal Soup Pairings

- ✓ Four-Herb Chinese Yam Beauty Pork Rib Soup
 - ✓ Nourishing Beef Shank & Vegetable Soup
 - ✓ Chinese Yam & Lotus Root Chicken Soup
 - ✓ Golden Cordyceps Mushroom Chicken Soup
 - ✓ Eucommia Four-Herb Lamb Soup
 - ✓ Gastrodia Sweet Corn Chicken Soup
 - ✓ Five-Seed Chestnut Chicken Soup
-

Recommended Herbal Tea Program

Approx. 2,000 mL per day

- Black Bean & Eucommia Wellness Tea
- Vitality & Beauty Herbal Tea
- Green Papaya Lactation Support Tea
- Hawthorn & Aged Tangerine Peel Digestive Tea
- Botanical Rose Relaxation Tea
- Jujube Relaxation Tea

During this stage, herbal teas provide more than hydration. Carefully selected botanical ingredients help support digestive comfort, maintain internal balance, and promote overall wellness as the body continues its postpartum recovery. Combined with a balanced diet and healthy lifestyle, they contribute to a smoother transition into everyday life.

Phase 4 (Days 22 – 30)

Deep Nourishment & Long-Term Wellness

(For Vaginal Delivery)

What Is Your Body Recovering From?

As you enter the final stage of your 30-day postpartum recovery, your body gradually transitions from active healing to long-term nourishment and wellness. This phase focuses on restoring vitality, rebuilding strength, establishing healthy daily routines, and preparing your body for the physical demands of caring for your baby.

Recovery Goals

- ✓ Deep nutritional nourishment
- ✓ Maintain energy and vitality
- ✓ Support healthy muscles, joints, and bones
- ✓ Transition into long-term daily wellness
- ✓ Prepare for the demands of motherhood and childcare

Recommended Fresh Ingredients

- ✓ Chicken Drumsticks
 - ✓ Oxtail
 - ✓ Pork Ribs
 - ✓ Fresh Fish
 - ✓ Pork Knuckles
-

Recommended Herbal Soup Pairings

- ✓ Traditional Ten-Herb Oxtail Soup
 - ✓ Eucommia Mushroom Pork Rib Soup
 - ✓ Goji Berry Fresh Fish Soup
 - ✓ Fo-Ti & Pumpkin Pork Rib Soup
 - ✓ Eight-Treasure Chinese Yam Chicken Soup
 - ✓ Golden Cordyceps Mushroom Shrimp Soup
 - ✓ Traditional Ten-Herb Pork Rib Soup
 - ✓ Five-Seed Corn Pork Tail Soup
 - ✓ Fo-Ti & Lotus Root Chicken Soup
-

Recommended Herbal Tea Program

Approx. 2,000 mL per day

- Black Bean & Eucommia Wellness Tea
- Cassia Seed Cooling Tea

- Hawthorn & Aged Tangerine Peel Digestive Tea
- Burdock Wellness Tea
- Jujube Relaxation Tea
- Astragalus, Goji Berry & Angelica Herbal Tea

The final stage of postpartum recovery focuses on maintaining long-term wellness and restoring overall balance. Daily herbal teas help support hydration, digestive comfort, relaxation, and overall vitality, while complementing a balanced diet and healthy lifestyle. This gradual transition prepares mothers to return confidently to everyday life while continuing to care for their own well-being.

One Herbal Tea Bag for the Whole Family to Enjoy

Each YIFOOD Botanical Wellness Tea is thoughtfully crafted not only for postpartum mothers but also for the entire family as part of a daily wellness routine.

Simply brew one tea bag with **1,500 – 2,000 mL (50 – 68 fl oz)** of hot water using an electric kettle or simmer gently on the stovetop for approximately **10 minutes**. Let the tea steep for an additional **10 minutes**, then remove the tea bag and enjoy it throughout the day as a naturally hydrating herbal beverage.

Wholesome Herbal Soups Made Easy for Families & Postpartum Caregivers

Whether prepared by your spouse, family members, or a postpartum caregiver, YIFOOD Herbal Nourishing Soup Packs make healthy home cooking simple and convenient.

Just add your preferred fresh ingredients—such as chicken, pork ribs, fish, seafood, or vegetables—with the herbal soup pack and an appropriate amount of water. Simmer for approximately **40 – 60 minutes** to create a delicious, nourishing meal that supports postpartum wellness while saving time and effort.

Perfect for **home postpartum care**, family meal preparation, and overseas postpartum recovery.