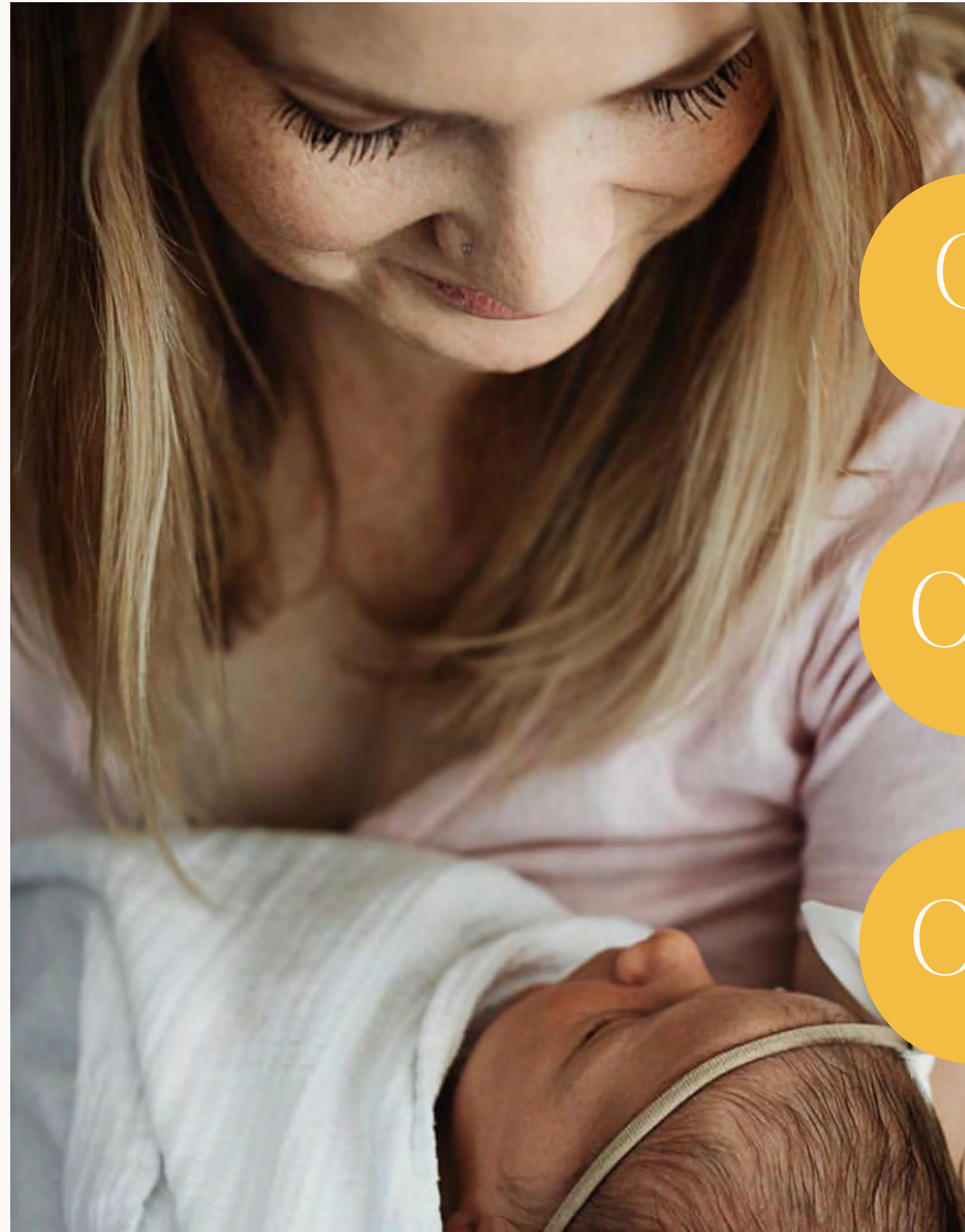




FAMMá FARM

SPECIALIZING IN RECOVERY MEALS FOR
POSTPARTUM, ILLNESS, AND OVERALL WELLNESS

POSTPARTUM RECOVERY MEALS



01

RESTORE

Helps restore balance, strengthen bones, restore blood and improve circulation.

02

REJUVENATE

Helps rejuvenation and builds up breastmilk production.

03

STRENGTHEN

Strengthens overall immunity, health, and provide easily digestible foods and nourishment from depletion.

FAMMá FARM

FAMMá Farm

Frozen Recovery Meals Delivered



RESET RECOVERY MEALS



01

RESET

Loaded with good fats, quality proteins and low carbs to help boost metabolism

02

REJUVENATE

No added sugar to reset cravings, lower glucose spikes and increase energy

03

REST & SLEEP

Having your meals planned make it simpler to decompress and focus on quality rest and sleep

FAMMá FARM

19-acre Farm Regenerative



Supporting FAMMå FARM recovery meal packages helps build Enclave's 19-acre regenerative farm and education center in Bonsall, California. The farm hopes to grow 80% of Enclave's ingredients for its cafes and meal packages. Regenerative agriculture will not only help produce more nutrient-dense food, it will help save our planet. The target date for a full working production farm is targeted for Spring 2023.



REVITALIZE RECOVERY MEALS



01

ANTI-INFLAMMATORY

Meals loaded with anti-inflammatory ingredients for faster recovery and improve overall wellness

02

BOOST IMMUNITY

Medicinal herbs, good fats, and probiotic-rich meals to strengthen immunity

03

REVITALIZE

Digestible foods for body to focus on rest and strengthen

FAMMá FARM

Our Farmers



Pererennial Pastures Ranch - Grassfed Beef

Kevin Munoz Jr.

Providing "community with healthiest and tastiest grass-fed protein through conscious land management, positive animal welfare, and regenerative agricultural practices."



Sage Hill Ranch Gardens - Produce

Spencer Rudolph

"Honored to make a living and life by working with the natural world, we strive to grow the highest quality vegetables with the lowest impact on the landscape."



Pasturebird - Poultry

Paul Grieve

"A full transparent business with open doors and coops...we're completely re-imagining country production by moving every chicken to fresh, pasture where where they can forage for nutrient dense grasses, bugs, seeds, worms, grains, and more."



Mindful Mushrooms

Ivo Fedak

"We strive to grow the highest quality hand selected strains of gourmet mushrooms the world has to offer. Every step is made in house not sourced from other mega farms. We take pride in our work its quality you can taste."

FAMMá FARM - Recovery Packages Menu

All meals are gluten-free and dairy-free.

The meals *starred* contain eggs from local pasture-raised chickens that get lots of sun, eat bugs, quality feed, and different weeds and grasses.

We only use avocado oil, unrefined coconut oil, or extra-virgin olive oil. We use pink salt and no non-stick pans are used for cooking. Menu is subject to change.

POSTPARTUM PACKAGE

For new moms and veteran moms who know better.

1- Postpartum Immunity Chicken Herbal Soup - Astragalus/Ginseng

2- Wild Fish Squash Moringa Fish Bone Broth Soup

3- Mild Curry Sweet Potato Turmeric Brown Rice & Chicken

4- Ginger Turmeric Bone Broth w/ Heritage Pork Moringa

5- Liver Beef Bolognese Butter Nut Squash Lasagna

6- Wild Salmon Fried Rice Kimchi

7- Moroccan-Style Brisket and Chickpea Stew

8 - Lions Mane Pulled Mushroom Heritage Pork & Veggie Hash

9 - Chicken Pate Liver Terrine - Cordyceps Mushroom

10- Lentil Soup Ayurvedic Spices Fenugreek

RESET PACKAGE

Low Carb. High Fat. Great for those seeking reset.

1- Ginger Turmeric Bone Broth Ground Pork, Kimchi, Moringa

2- Pasturebird Chicken Artichoke Puttanesa Zucchini

3- Wild Fish Squash Moringa Fish Bone Broth Soup

4- Ground Pork Herbs Provencal Low Carb Veggie Hash

5- Bison Meatloaf w/ Cauliflower Celery Root Mash

6- Moroccan Brisket Stew

7. Wild Salmon Cauliflower Rice

8. Mild Curry Chicken Veggies

9. Pasture-raised Chicken Kale Lemon Bone Broth Soup

10. Lions Mane Pulled Mushroom Pork Veggie Hash

REVITALIZE PACKAGE

Great for those recovering from illness, surgery, or senior health.

1- Liver Beef Bolognese Butter Nut Squash Lasagna

2- Mild Curry Sweet Potato Turmeric Brown Rice & Chicken

3- Wild Fish Squash Moringa Fish Bone Broth Soup

4- Chicken Lentil Noodle Kale Lemon Soup, Turkey Tail

5- Moroccan Brisket Stew

6- Lentil Soup Ayurvedic Spices

7- Ginger Turmeric Bone Broth Ground Pork, Kimchi, Moringa

8- Wild Salmon Fried Rice Kimchi - Egg

9- Bison Meatloaf w/ Organic Sweet Potatoes

10- Lions Mane Pulled Mushroom Pork Veggie Hash



Meeri Chef Lando



Lan Thai, aka Chef Lando's story begins in a refugee camp in Thailand, where she was born to parents fleeing the communist takeover of Vietnam. Growing and cooking food was not a luxury in her early life, but a precious necessity; she literally doesn't remember learning to use a knife—it was as much a part of her developmental experience as learning to walk or speak. It's difficult to overstate the fundamental role that food, its production, and its preparation played in her life, just as it's difficult to overstate the visceral connection that she developed with cooking as a result.

The potential of food and culinary tradition to sustain, connect, and lift up families and communities is a chief contributing factor in her view of cooking and eating. This deeply-layered perspective shines through in the cuisine she creates, which manages to be both grounded and elevated, an achievement born of a life lived through food.

FAMMá FARM

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