



Relacto

**Your Hassle-Free Daily Nourishment
for Recovery & Lactation by Dietitian**



About RELACTO



Eating Right Is 80% of the Breastfeeding Battle Won

Many mothers stop breastfeeding (either exclusively or partially) earlier than they intend to. This can happen due to many reasons that vary from one mother to another, but it can also be prevented by following the right diet.

ReLacto was then started in awareness of how challenging it can be for nursing mothers to obtain proper meals that will ease their breastfeeding journey.

We hold on to the belief that the right diet for breastfeeding is not just about boosting milk production, but also providing what is best for the newborn - in terms of both supply and quality to ensure their healthy growth and developments.

With every need of a nursing mother and her baby in mind, Relacto offers a wide-ranging nourishment and lactation menu carefully curated by our in-house dietitian and award-winning chef.

“Eat Better, Heal Better, Nurse Better”



Nourishment for
Body Recovery



Improved
Lactation for
Mothers



Eco-Friendly
Packaging



Lactation Drink
with Each Meal
Set



Hassle-Free
Delivery to
Your Door

By **TIAN WEI**

While Tian Wei Signature's mission revolves around helping mothers start off their confinement and breastfeeding journey on the right foot, they still require further support to ensure smooth continuation once the first critical month ends.

Hence, ReLacto is created by Tian Wei Signature in the latter's efforts to help a mother continue their breastfeeding journey with ease. With the help of natural nourishments by ReLacto, mothers are able to improve their milk supply and quality effortlessly.

On top of that, our in-house dietitian and head chef specially create ReLacto's menu to see a wider variety of dishes with fewer restrictions placed on the ingredients, ideally crafted for mothers celebrating the end of their confinement and yet still seeking a healthy alternative.





Meet Our

CHEF & DIETITIAN

From the chef to each of the kitchen crews, there are many people who make it possible to bring ReLacto to life. Here are two of them.



Eugene Tan

Head Chef | ReLacto

Chef Eugene started his professional career in the culinary industry by honing his skills in international cuisine, which eventually inspired him to create interesting fusion and traditional confinement dishes at Tian Wei Signature. With his experience in curating breastfeeding-friendly and nutritious confinement meals, Chef Eugene aspires to keep supporting mothers along their breastfeeding journey with the nourishment and lactation menu at ReLacto.



Eunice Tan

In-House Dietitian | ReLacto

Eunice Tan graduated with a Bachelor of Science (Hons) in Dietetics with Nutrition from International Medical University, Malaysia. She is a Full Dietitian Member of Singapore Nutrition and Dietetics Association, a Full Dietitian Member of Malaysian Dietitian Association, and also the in-house dietitian for Tian Wei Signature. With her expertise in nutrition and diet planning, Eunice helps to ensure that every meal you have at ReLacto is packed with the key nutrients you need for recovery and lactation.

Chef

RECOMMENDATIONS



Our traditional variety preserves the classic, homely feelings you get when you are served with foods from your kitchen. Meanwhile, our fusion dishes bring you fresh tasty flavours, creating a more exciting recovery period!

Our Signature DISHES



茴香海鲜汤
Fennel Seafood Soup



摩洛哥式炖鸡
Moroccan Chicken Stew



芹香鱼片
Fish Fillet with Celery Sauce



客家芋头猪扒
Hakka Braised Pork with Yam



黑椒和牛柳粒
Black Pepper Wagyu Beef Cube



刺果番荔枝鸡
Soursoop Marinated Roasted Chicken



XO 酱鲜芋炒虾
XO Sea Prawn with Yam



印尼仁当炖植物肉
Impossible Meat Lemak Rendang, Coconut Flakes (Veg)



香柚蜜汁鸡扒
Yuzu Honey Chicken



薄荷柠檬三文鱼
Mint and Lemon Marinated Salmon

DISCLAIMER: All pictures shown are for illustration purposes only.

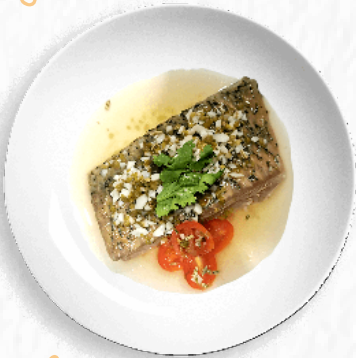
Over 100 Dishes

Made for Lactation...



At ReLacto, it is one of our main aims to provide mothers with an improved and effortless breastfeeding journey through our nourishment. We boost not only the production and supply of milk but also its quality, ensuring the best milk for babies at any stages.

ReLacto's Top Milk-Boosting Dishes



Thai Style Steamed Fish

✓ Garlic ✓ Fennel



Fenugreek Fish Soup

✓ Fenugreek ✓ Papaya



Fennel Seafood Soup

✓ Fennel



**Braised Chicken with Ginger
and Coriander Sauce**

✓ Ginger



Lemongrass Fenugreek Drink

✓ Fenugreek ✓ Moringa Leaf



Our main Lactogenic Ingredients

Ginger



- Improves blood flow
- Boosts milk production through increased blood supply

Papaya



- Promotes milk production
- Stimulates smooth muscles that work to express breast milk

Garlic



- Gives pleasant flavour to milk
- Improves breast milk odour
- Eases introduction of breast milk to baby
- Encourages baby to stay latched on longer

Fennel



- Reduces inhibitory effects of other hormones (dopamine) on breast milk production
- Ensures smooth milk flow

Fenugreek



- Boosts milk production

Moringa Oleifera



- Promotes milk secretion
- Stimulates milk production hormones



...And Recovery!

Apart from replenishing a mother's energy and blood supply after childbirth, we make sure to carefully select and incorporate nourishing ingredients that can promote the healing of wounds and restore the optimal body condition.

For Every Member of the Family

Our food is also ideal for anyone recovering from surgical procedure or anyone seeking healthy alternatives to their daily foods in general.

Main Nutrients for Boosting Recovery

Protein

- Provides building blocks to repair and encourage wound healing
- Develops antibodies that are part of setting up a good immune system

Vitamin A

- Improves your collagen formation to promote wound healing around the genital and caesarean area after labour

Vitamin B Complex

- Helps your newborn's brain to develop healthily
- Helps you and your newborn to build a good immune system

Vitamin C

- Improves your collagen formation to promote wound healing around the genital and caesarean area after labour

Vitamin E

- Reduces tissue damage from free radical formation

Iron

- Helps to supply oxygen throughout your body by developing red blood cells
- Improves your collagen formation to promote wound healing around the genital and caesarean area after labour

Recommended by Dietitian



茴香海鲜汤
Fennel Seafood Soup

Contains
Vitamin B12



印尼冷当牛肉
Impossible Meat Lemak
Rendang, Coconut Flakes

High in Protein,
Vitamin B Complex
& Iron



黑椒和牛柳粒
Black Pepper Wagyu
Beef Cube

Contains Iron, Protein,
Vitamin B Complex
& Vitamin C



刺果番荔枝鸡
Soursop Marinated
Roasted Chicken

Contains Protein &
Vitamin B Complex



红苋菜蛋花肉丝汤
Red Amaranth Soup with
Egg White and Pork Strips

High in Protein
& Vitamin A

Non-Beef Eater Menu Available Now

Cod Fish and more variations are available now
at the same portion size, same price!

NEW!



Black Pepper Cod Fish
黑椒鳕鱼



Baked Cod with Satay Sauce
烤鳕鱼配沙爹酱



Cod Fish "Bebotok"
印尼香料烤鳕鱼



**Wok Seared Cod with
Spring Onions and Leeks**
韭葱爆炒鳕鱼



**Basil Pesto Pasta
with Meatballs**
猪肉丸九层塔意粉



**Chicken Spaghetti
Bolognese**
番茄鸡丁意粉



**Stir Fried Nai Bai
with Fish Slices and
Shredded Ginger**
姜丝鱼片奶白

Relacto

Free Hot Box

Get an exclusive electric food steamer **FREE***
with any purchase of our 14 Days Double
Lactation Meal Package and above!



10
Min



Heats 3 Dishes in 10 Minutes



Easy to Use

Enjoy Your Meals
Warm Anytime Anywhere

*Select packages only. Terms and conditions apply. While stocks last.

Award-Winning Meal Delivery Service



Let's Get in Touch

VISIT OUR WEBSITE



GIVE US A CALL

☎ 6360 1000

EMAIL US

admin@relacto.com.sg

OR DO YOU PREFER
TEXTING?



SAY HI TO US ON
OUR SOCIALS!

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f @relactosg

LOCATE US ON THE MAP

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