

THE breastfeeding mama's menu

Breakfast

Breakfast Bowl

- 2 tbsp flaxseeds
- 1 tbsp chia seeds
- 2 tsp lecithin
- 3-4 tbsp coconut yoghurt
- Handful of brazil nuts (chopped)
- ½ cup organic berries (thawed if frozen)



Nutritional benefits

Contains pre and probiotics to support gut and immune health, seeds and lecithin provide essential nutrients vitamin E and choline. Healthy fats in this meal will support satiety and energy. Brazil nuts are high in selenium.

Morning Tea

Sourdough toast or wholemeal gluten free toast topped with avocado, hemp seeds, lemon juice, salt and pepper.



Nutritional benefits

Provides good source of complex carbohydrates to support energy production. Avocados are high in folate to support nutrient requirements.

Afternoon Tea

Sardines on brown rice cake or almond butter on brown rice cake. Served with a side of kiwi fruit.



Nutritional benefits

Kiwi fruit is a rich source of vitamin C and tryptophan for mood support. Sardines provide calcium protein and essential fatty acids EPA and DHA.

Lunch

10-minute meal prep salad

- ½ cup pre-cooked brown rice
- ½ cup chickpeas (rinsed, from the can)
- 1 cup leafy greens e.g. rocket, spinach, lettuce
- 1 cup pre-roasted vegetables
- 1 tsp tahini, drizzled on top
- Topped with poached, boiled or fried egg



Nutritional benefits

Provides a good source of protein, healthy fats and complex carbohydrates. Tahini is a good source of calcium. Eggs are a good source of choline and DHA.

Dinner



Scan the code for our
Thai Green Curry Recipe

A simple warming meal which provides protein, calcium, folate, antioxidants and starches to support gut health.



Note: This sample meal plan is intended to provide meal ideas with minimal preparation required.