

# EATING FOR BREASTFEEDING

A Diet Guide For Breastfeeding Moms With  
Delicious Recipes To Promote Milk  
Production and Breast Milk Health



SARAH J. TAYLOR

# **Eating For Breastfeeding**

*A Diet Guide For Breastfeeding Moms With  
Delicious Recipes To Promote Milk  
Production and Breast Milk Health*

*By Sarah J. Taylor*

**Read This First!**

Special Offer From: [www.mothersselect.com](http://www.mothersselect.com)

**Get Discounts, Prizes and More!**

*(Only If You Act Now!)*

**Plus other valuable bonuses like: Professionals sharing their**

**Secrets for Motherhood Success!**

**Click link below to signup for the Mother's Select Club:**

[Join The Mother's Select Club](#)

# Table of Contents

## [Your Breastfeeding Diet](#) [pg. 6](#)

- *Why it's important to adjust your diet to boost your breast milk and increase milk supply*
- *Foods to eat more of when breastfeeding*
- *Foods to avoid when breastfeeding*
- *Breastfeeding diet tips*

## [Breakfast Recipes](#) [pg. 16](#)

- [Simple Baked Oatmeal](#)
- [Sweet Potato Pancakes](#)
- [Fruits & Nuts Frozen Yogurt Bars](#)
- [Breakfast Pizza](#)
- [Baked Egg, Cheese, and Bacon English Muffins](#)
- [Loaded Avocado Toast](#)
- [Mini Quinoa Bites](#)
- [Simple Zucchini Fritters](#)
- [Guilt-free Banana Nut Oatmeal Muffins](#)
- [Single Serving Green Omelet](#)

## [Lunch Recipes](#) [pg. 26](#)

- [Grilled Chicken and Asparagus Salad](#)
- [Eggplant Pizza](#)
- [Sweet Potato, Cabbage, and Sausage Soup](#)
- [Healthy Creamy Butternut Squash Soup](#)
- [Korean Chicken Lettuce Wraps](#)
- [Light and Healthy Grilled Vegetable Wraps](#)
- [Baked Panko-Crusted Halibut and Spinach Salad](#)
- [Quinoa Cakes](#)
- [Curry Egg Salad Sandwich](#)

- [Udon Noodle Soup for Nursing Moms](#)

Dinner Recipes pg. 36

- [Quick and Easy Chicken Parm Meatball Rolls](#)
- [Roasted Veggie Soup](#)
- [Healthy Shepherd's Pie](#)
- [Stuffed Zucchini](#)
- [BBQ Chicken Salad](#)
- [Pesto Tilapia](#)
- [Whole Wheat Pasta with Squash and Spinach](#)
- [Chicken and Veggie Tacos](#)
- [Stuffed Bell Peppers](#)
- [Simple Chicken or Turkey Veggie Stir-Fry](#)
- *Extra meal ideas for moms*
- *Bonus recipes just for breastfeeding mommies*

E-book Wrap-Up pg. 50

## Copyright Page

Copyright © 2014 by Mother's Select

All rights reserved. This book or any portion thereof  
may not be reproduced or used in any manner whatsoever  
without the express written permission of the publisher except  
for the use of brief quotations in a book review.

First Printing, 2014

Mother's Select

Sarah J. Taylor

PO Box 5731

Frisco, TX 75035

[www.mothersselect.com/](http://www.mothersselect.com/)

*Disclaimer: This book is for informational purposes only and should not be considered a substitute for competent, medical care by trained professionals. None of the statements in this book have been evaluated by the Food and Drug Administration and the information in this book is not intended to diagnose, treat, cure or prevent any disease or medical condition. Always seek medical care by trained professionals for your health care and the health care of your baby.*

## **Your Breastfeeding Diet**

Even though society has put emphasis on eating healthy for losing those extra pounds, maintaining a healthy, balanced diet isn't just for weight loss. Whether you're a soon-to-be-mom or an experienced mother who's about to have her next child, your health is going to affect not only you, but your baby as well, especially if you plan to breastfeed. If you're considering breastfeeding or already decided to breastfeed, the food you eat now will affect your breast milk and your baby's health overall. In this e-book, you'll discover the foods that will help you boost the amount of nutrients in your breast milk and build your breast milk supply.

### **Breastfeeding Diet Food 101**

Don't freak out yet! This isn't one of those fad diets where you have to count calories to a T, eat like a rabbit or drink only fluids. In fact, as a general guideline, if you have a mostly healthy diet – a whole healthy diet is preferred, of course – your breast milk will be loaded with nutrients for your baby.

If you're already eating an overall nutritious diet, there's always room for improvement; you can switch out unhealthy foods in your daily diet with healthier options and enhance your health. If your diet is lacking in essential nutrients or consists of junk food and fast food, it's time for a diet makeover. In this section, we'll reveal the various, nutrient-dense foods you need for your breastfeeding diet to help you keep your breast milk healthy and increase the amount.

### *What You Should Be Eating for Breast Milk Health:*

Whether you're already breastfeeding or still in the pregnancy stage, eating the right foods is beneficial for your breast milk and your health and well-being. The food guide in this section will help you figure out what you need to eat to keep up with healthy breast milk meal plans. Here's the list of foods you should be eating when you're eating to help improve your breast milk health:

- **Calcium-Rich Foods** – Calcium is necessary for bone growth and strength, so it's a must-have for your diet. If you're not increasing your calcium intake, your body will go to your own bones for calcium, causing your bones to weaken and put you at higher risk for osteoporosis. Milk is usually the number one go-to source for calcium, but plenty of foods offer this great nutrient, including:
  - Yogurt
  - Cheese
  - Leafy, dark green vegetables e.g., kale, spinach, collard greens
  - Brazil nuts
  - Almonds
  - Soy
  
- **Iron-Rich Foods** – During your pregnancy, iron stores in your body go to your baby; but this can cause you to have iron deficiency. Iron is necessary not only for you, but also for your baby. Iron is used in the body to help with oxygen transportation, keeping red blood cells healthy. Iron also promotes the growth of healthy hair and nails.

Since your infant is still growing and needs nutrients for successful physical development, iron is essential, and that's why eating more iron-rich foods will provide your child with this nutrient. Also, many iron-rich foods are great protein sources, which moms need to maintain their breast milk health. Several foods that contain a good amount of iron (and protein for some!) include:

- Red meat
  - Leafy, green vegetables
  - Scallops
  - Oysters
  - Chickpeas
  - Egg yolks
  - Liver
  - Dried apricots
  - Lentils
  - Tofu
- 
- **Whole Grains** – From bread to cereal, whole grain food items provide you with vital nutrients, such as fiber, to help your body function properly. Whole grain foods – also known as complex carbohydrates – are also a fantastic source of energy, which you'll need as a mom! Whole grain foods include:
    - Cereals
    - Breads
    - Oatmeal

- Quinoa
- Brown rice
- Tortillas
- Pita breads
- Crackers

These are the main nutrients that you need in your diet to produce quality breast milk for your infant. Make sure that you add tons of vegetables in your meals as well, and eat fruits as a snack throughout the day. Eating a variety of healthy foods not only boosts the health of your breast milk, but also change the flavor of your breast milk, which may help your baby be more accepting toward solid foods when it's time to introduce them to your infant's diet.

*What You Should Avoid or Limit Eating and Drinking when Breastfeeding:*

When there are foods that you should eat more of while you're breastfeeding, there are also foods and beverages that you should limit or avoid adding to your daily diet. The nutrients and substances found in foods and beverages that you eat will have at least a small affect on your breast milk. It's the timeless rule – you are what you eat. Or, in this case, it's your breast milk is what you eat!

- **Caffeinated Beverages** – Coffee and energy drinks are well-known to have a load of caffeine in them, but tea and soda also have caffeine in them. The caffeine does mix in with your breast milk, so your baby can be affected by the caffeine and have difficulty sleeping as well as other complications. It's best to avoid caffeine since it can

remain in your body for hours. If you're a caffeine addict, find other ways to get your energy, such as from natural foods and light exercise if your doctor permits it. However, caffeine can be hidden in various sources, such as chocolate, ice cream, sports drink or energy water, and breath mints. Limit your intake of such foods and drinks or avoid them altogether since they do contain some caffeine.

- **Fish/Seafood** – Although fish is a fantastic, nutrient-rich food source, they can contain high levels of mercury and cause mercury poisoning. The mercury can seep through your breast milk, so be careful of the amount of fish or seafood you consume. You can still enjoy fish and seafood, but reducing the amount you eat is the best bet. Here's a simple chart of fish and other seafood that have low, moderate or high mercury levels:

<u>Low</u>	<u>Moderate</u>	<u>High</u>
<ul style="list-style-type: none"> <li>• Butterfish</li> <li>• Oyster</li> <li>• Sardine</li> <li>• Fresh salmon</li> <li>• Haddock</li> <li>• Herring</li> <li>• Anchovies</li> <li>• Clams</li> <li>• Tilapia</li> <li>• Calamari squid</li> <li>• Crawfish</li> </ul>	<ul style="list-style-type: none"> <li>• Carp</li> <li>• Bass</li> <li>• Mahi mahi</li> <li>• Lobster</li> <li>• Tuna</li> <li>• Halibut</li> <li>• Snapper</li> </ul>	<ul style="list-style-type: none"> <li>• King or Spanish Mackerel</li> <li>• Bluefish</li> <li>• Grouper</li> <li>• Yellowfin Tuna</li> <li>• Shark</li> <li>• Swordfish</li> <li>• Marlin</li> </ul>

- **Mint and Parsley** – These herbs can reduce your breast milk supply, so avoid eating them in large amounts. If it's just for a simple, light garnish for a dish, you can use it, but beware of foods that use a lot of these herbs, such as sauces, dips, and soups.
- **Alcohol** – If you consume alcohol, it will taint your breast milk and affect your baby negatively. You can consume alcohol, but beware of the time. Drink alcohol at least two hours ahead of the next feeding; use special breast milk testing strips to ensure that your milk is safe for consumption. If you want to drink, you can pump breast milk before drinking to be on the safe side.
- **Citrus Fruits** – Since your baby's digestive system is still developing, some elements from citrus fruits can irritate and even cause damage to it. You can get your vitamin C from other foods, such as mangoes, pineapples, and leafy greens.

Although these foods and beverages are considered to be ones to avoid or limit in your breastfeeding diet, you should always keep an eye on your baby; he or she will tell you if something about your breast milk is irritating him or her. Watch out for fussiness, crying, irritation, diaper rashes, and other signs of discomfort. You should also check your baby's diapers for any signs of unhealthy digestion, such as runny poop. Keep a food log to track all that you eat so you can figure out what may be causing your baby's irritation or indigestion; you can also bring it to your doctor to see if he or she can help you come up with a better diet for your breast milk health.

**Breastfeeding Diet Tip:** When you're eating for breastfeeding, go with organic products whenever possible. Toxins and chemicals found in foods can taint your breast milk and transfer to your baby. It's crucial that you go with high-quality products because it can make a world of difference in your breast milk.

### *What You Should Eat to Increase Breast Milk:*

One of the biggest concerns that breastfeeding moms have is not having enough milk for their little ones. But eating the right foods and managing your diet can help you produce more milk for your baby. Check out the foods below that can assist you in doing so:

- **Oatmeal** – Oatmeal is known for its healthy properties that help reduce blood pressure and high cholesterol levels. But oatmeal can help moms increase their breast milk supply as well! Oatmeal helps release a hormone called oxytocin, which helps you relax. Being relaxed is one of the key factors things moms need to do in order to produce more milk, so having oatmeal for breakfast or as a snack is a great way to jumpstart milk production.
- **Asparagus** – Rich with nutrients such as vitamin A and folate, asparagus is a great lactogenic food to add to your meals. Asparagus also contains tryptophan, which helps boost the production of prolactin. Prolactin is one of the key hormones that help with breast milk production. Not only does asparagus assist with increasing your breast milk supply, but it also helps keep it nutritious for your baby.
- **Herbs** – Many herbs are used to promote breast milk supply, and here are several herbs that you can include to your dishes:

- Alfalfa
- Fenugreek
- Caraway seed
- Fennel
- Vervain
- Marshmallow root
- Cumin
- Dill seed

**Bonus For You:** If you're looking for a way to boost your breast milk supply and still get all the nutrients you need to be a healthy mommy, take the [Lactation Plus supplement from Mother's Select](#). Made with natural, lactogenic herbs, such as fenugreek, fennel, and marshmallow root, Lactation Plus is the ideal breast milk booster.

- **Apricots** – Just like asparagus, apricots contain the amino acid, tryptophan, and aids in breast milk production. Dried apricots, especially, have a necessary ingredient called phytoestrogens that keeps the hormones involved in breast milk production balanced, increasing the quality and quantity of milk.
- **Spinach** – These famous dark, leafy greens are packed with minerals and vitamins that keep your body healthy and increase your breast milk supply. Iron, calcium, and vitamin K are just a few of the necessary nutrients that spinach offers; phytoestrogens are also components of spinach.

Even though it's great for you and your baby to stay in good health, it doesn't always guarantee that you'll experience an increase in your breast milk production. Sometimes, breastfeeding difficulties, hormonal imbalance, and other conditions can affect your breast milk supply. Talk with your physician if you're concerned about it.

### **Breastfeeding Diet Tips**

You know the foods that you should and shouldn't eat while breastfeeding. And, to help you further, these breastfeeding diet tips can be used as a guide for you to refine your breastfeeding diet and improve your breast milk health and production.

**1. Add 500 calories to your daily calorie intake.** Breastfeeding burns a ton of calories and energy (hello, weight loss!). It's critical that your energy level stays up throughout the day. If you don't want to eat an extra meal during the day, simply divide up the extra 500 calories among your meals and snacks throughout the day. It's highly recommended that you eat six small meals and 2-3 snacks each day instead, but if you want to do the traditional three main meals and two snacks routine, then just add more healthy foods to your dishes to reach the extra 500 calories you need.

**2. Don't aim for weight loss.** At least for the first couple of months! Breastfeeding is enough of a workout for you since you're burning tons of calories, so just focus on eating healthy.

**3. Treat yourself.** Eating a candy bar every day is overdoing it, but there's nothing wrong with treating yourself to favorite indulgences. You don't have

to be super strict with your breastfeeding diet, so take your cake and eat it, too – sometimes.

**4. Vary your meals.** Not only will you get more nutrients, but you'll also have more fun with your meals when you eat different types of foods. Keep a variety of fruits, veggies, proteins, complex carbs, etc., on hand so you'll always have something new to eat. You should aim to eat three different food groups for each meal. Here's a general food group servings chart for you to center your meals around:

<u>Food Group:</u>	<u>Veggies</u>	<u>Grains</u>	<u>Fruits</u>	<u>Protein</u>
<u>Servings per Day:</u>	3 cups	8 ounces	2 cups	6.5 ounces

**5. Always have healthy snacks on hand.** You never know when cravings and munchies can attack, so it's important to keep the on hand so you'll never cave into unhealthy foods. Plan ahead, and make your own homemade healthy snacks for the week. Don't let yourself skip out on making snacks ahead of time; that's only going to weaken your resolve to eat healthier and may cause you to cave in to unhealthy cravings.

Your breastfeeding diet is just beginning! In the next chapters, you'll discover delicious recipes that will enhance your breast milk quality as well as help with breast milk production. Each recipe is designed with health, simplicity, and moms in mind. Enjoy!

## Breakfast Recipes

<u>Simple Baked Oatmeal</u>	
<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"><li>• 4 cups of quick-cooking or old-fashioned oats</li><li>• <math>\frac{3}{4}</math> – 1 cup of light brown sugar</li><li>• <math>\frac{2}{3}</math> cup or more of dried cranberries, raisins or other dried fruit of choice (If it's large, like dried apricots, chop it into small pieces.)</li><li>• 2-3 TBSPs of walnuts, pecans or other nut of choice</li><li>• 2 tsp of baking powder</li><li>• 2 <math>\frac{1}{2}</math> – 3 cups of regular milk, almond milk, soy milk or other milk of choice</li><li>• 1 cup of sugar-free applesauce or homemade applesauce</li><li>• 4 TBSPs of unsalted butter, melted and set aside</li><li>• 2 large eggs, beaten and set aside</li></ul> <p>Servings: 10 servings, about <math>\frac{2}{3}</math> cup each</p> <p>*** Save the rest for the next morning, and just heat it up in the oven or microwave.</p>	<ol style="list-style-type: none"><li>1. Preheat your oven to 375 degrees Fahrenheit.</li><li>2. Mix the oats, brown sugar, dried fruit, nuts, and baking powder in a large bowl. Set aside.</li><li>3. Mix the milk, applesauce, butter, and beaten eggs in another bowl, and add to the oatmeal mixture. Mix until thoroughly combined.</li><li>4. Grease ramekins, 8-inch pans or any other baking dish of your choice. Ramekins make it easier to portion the oatmeal, so using them is highly recommended. Use medium to large sized ramekins for this recipe.</li><li>5. Spoon or pour the oatmeal into the baking dish of your choice. Bake for 15-25 minutes until slightly golden brown and cooked through. Serve warm with extra fruits or Greek yogurt.</li></ol>

## Sweet Potato Pancakes

<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• 4 large eggs</li> <li>• ½ cup of old-fashioned or quick-cooking oats, uncooked</li> <li>• 1 cup of cottage cheese</li> <li>• 1 cup of sweet potato, cooked and mashed until smooth</li> <li>• 1 tsp of baking soda</li> <li>• 1 tsp of baking powder</li> <li>• 2-4 tsp of cinnamon, to taste</li> <li>• A pinch of nutmeg or more to taste</li> <li>• A pinch of salt</li> </ul> <p><i>Extra: Sweet Honey and Cinnamon Butter</i></p> <ul style="list-style-type: none"> <li>• ½ cup of unsalted butter, softened</li> <li>• 3-4 TBSPs of pure honey</li> <li>• ¼ – ½ tsp of cinnamon</li> </ul> <p>Just mix these ingredients together well and put it in the fridge to firm it up. You can use molds or a plastic wrap to shape the butter. After making pancakes, just spread a slab of butter on top!</p> <p>Serving Size: Depends on the size of your pancakes. If you make regular-sized pancakes, two pancakes is your limit.</p>	<ol style="list-style-type: none"> <li>1. Preheat a griddle or skillet on medium-low heat.</li> <li>2. Put all ingredients in a blender, and blend all ingredients until smooth. If the mixture is a little lumpy due to the oats, you can still cook the batter.</li> <li>3. Grease the griddle or skillet with butter or cooking spray. Ladle or pour the pancake batter onto the griddle or skillet in batches. Pour as much batter per pancake as you want onto the griddle or skillet.</li> <li>4. Cook on one side for 3-5 minutes until you see bubbles appear on the top. Flip, and cook for another 3-4 minutes until pancakes have been cooked through thoroughly. Serve warm with sweet honey and cinnamon butter, melted peanut butter drizzle, maple syrup or eat the pancakes plain.</li> </ol>

**Fruits & Nuts Frozen Yogurt Bars**

<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• 1 cup of yogurt in flavor of your choice</li> <li>• ¾ cup of chopped fruits of your choice (Don't overdo it – 2-3 different chopped fruits should be enough.)</li> <li>• ¼ – ½ cup of roughly chopped nuts, such as almonds (It can also be a mix of nuts; again, don't overdo it.)</li> <li>• ½ cup of homemade or healthy store-bought granola of your choice</li> </ul> <p>This recipe is versatile, so you can mix up the flavors and ingredients as much as you want!</p> <p>Serving Size: Depends on the size of your bars, but just mind your portions and don't overeat.</p>	<ol style="list-style-type: none"> <li>1. Line an 8-inch pan (or smaller pan) with aluminum foil.</li> <li>2. Mix all ingredients together in a bowl.</li> <li>3. Pour the yogurt mixture into the pan, and cover the pan with plastic wrap.</li> <li>4. Freeze the yogurt mixture for at least two hours before serving.</li> <li>5. Remove the pan from the freezer, and let it thaw for 5-10 minutes. Cut into bars, and keep the bars you don't eat in a container and freeze.</li> </ol>

**Breakfast Pizza**

<i>Ingredients:</i>	<i>Directions:</i>
---------------------	--------------------

- 1 tube of a large, prepared pizza crust – thin or thick
- Extra virgin olive oil
- 4-6 large eggs
- 1 – 1 ½ cups of cheese of your choice
- 8-10 spears of raw asparagus, washed
- 8-10 grape tomatoes, washed and quartered
- 8-12 slices of Pancetta or turkey bacon – can be chopped into smaller pieces of desired
- Salt and pepper to taste

Serving Size: 1-2 slices per person

1. Prepare a baking sheet and line it with foil or parchment paper. Spray with cooking spray or brush on a little olive oil. Place the pizza dough onto the baking sheet after removing it from the tube. Preheat your oven to 475 degrees Fahrenheit.
2. Add a little bit of olive oil to a skillet and heat on medium-high. Add the Pancetta or turkey bacon slices to the pan and cook. Remove from pan and place on paper towels or rack to drain excess grease and cool.
3. Cut off the bottom ends of the asparagus spears, and cut the asparagus spears into 2-inch or 3-inch pieces.
4. Arrange the Pancetta or turkey bacon slices on the pizza dough or sprinkle it on top if you chopped the slices into pieces. Then, arrange the asparagus slices and quartered tomatoes on top of the Pancetta or bacon. Drizzle the entire pizza with olive oil. Crack the eggs on top and sprinkle the pizza with cheese. Season with salt and pepper. Put it in the oven for 8-12 minutes until pizza crust is golden

### **Baked Egg, Cheese, and Bacon Muffins**

<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• 3 whole wheat English muffins, halved</li> <li>• 12 slices of turkey bacon</li> <li>• <math>\frac{3}{4}</math> – 1 cup of cheese of your choice (Cheddar and Monterey Jack cheese go well with this recipe.)</li> <li>• 6 large eggs</li> <li>• Salt and black pepper</li> </ul> <p>Servings: 1-2 muffins per person</p>	<ol style="list-style-type: none"> <li>1. Preheat your oven to 350 degrees Fahrenheit and prepare a large 6-tin muffin pan.</li> <li>2. Cook the bacon slices until almost done. Set aside. You can chop them up into smaller pieces.</li> <li>3. Press each half of the English muffins into the muffin pan. Place three bacon slices inside each muffin half along the rim of the English muffin so that they're standing up and form a circle.</li> <li>4. Sprinkle the inside of the bacon circle with cheese, and crack one egg into each muffin inside the bacon circle. Season with salt and pepper to taste.</li> <li>5. Place the muffin pan in the oven, and bake for 18 minutes or until each egg is cooked thoroughly. Remove from oven and let the muffins cool for 5-7 minutes before serving. Serve with a side of fruit salad, soup or a drizzle of your favorite sauce.</li> </ol>

**Loaded Avocado Toast**

*Ingredients:*

- 4 slices of whole wheat bread
- 2 medium avocados, pitted and mashed in a bowl
- 4 medium or large eggs
- 12 slices of turkey bacon
- Salt and pepper to taste
- Any sauce for drizzling – optional
- Tomato slices – optional
- Shredded cheese of your choice – optional

Serving Size: One toast per person.

*Directions:*

1. Toast the bread slices and put them on a plate.

2. Cook the eggs sunny side up. You can also cook the eggs all the way through if you prefer. Set the cooked eggs aside.

3. Cook the bacon slices and set aside. You can chop them up into bits if you'd like.

4. Divide the mashed avocado between the four toasts, and spread the mashed avocado onto each one.

5. Place three bacon slices on top of the avocado spread on each toast or sprinkle bacon bits on top. Then, place one sunny side up egg on each toast. Season with salt and pepper.

\* The sauce of your choice e.g., hot sauce can be drizzled on top of the egg.

\*\* If you want to add tomato, place one slice on the toast before the bacon.

\*\*\* If you want to add cheese, place it on top of the bacon.

### **Mini Breakfast Quinoa Bites**

#### *Ingredients:*

- 1 cup of cooked quinoa
- 1 large egg
- 2 egg whites
- ½ cup of shredded zucchini, mostly squeezed and drained to remove extra moisture
- 1-2 green onions, finely chopped
- ½ cup of shredded cheddar
- 1-2 TBSPs of grated or shredded Parmesan cheese
- 4 TBSPs of chopped ham or cooked chopped bacon
- Salt and pepper to taste

Yields: 12 mini muffins; 4-5 muffins per person. You can double this recipe and freeze the rest for later.

#### *Directions:*

1. Preheat your oven to 350 degrees Fahrenheit. Prepare a mini muffin pan.
2. Mix all ingredients together, and spoon the mixture into the mini muffin tins all the way to the top.
3. Bake for 17-20 minutes until the edges of the quinoa bites are golden brown. Remove from oven and let cool for a few minutes. Serve with turkey sausage links or fruit salad on the side.

\*\* You can make this recipe with a regular muffin pan; just cook the muffins for longer, about 25 minutes.

### **Simple and Healthy Zucchini Fritters**

#### *Ingredients:*

- 2-3 medium zucchinis, grated and mostly squeezed to

#### *Directions:*

1. Mix all ingredients but the olive oil together in a bowl. Form the mixture

<p>remove excess moisture</p> <ul style="list-style-type: none"> <li>• ½ cup of flour</li> <li>• ½ cup of grated Parmesan cheese</li> <li>• 3-4 stalks of green onion, finely chopped, or other herb like dill</li> <li>• 3-4 minced garlic cloves</li> <li>• 2 large eggs, beaten and set aside</li> <li>• Salt and pepper to taste</li> <li>• Extra virgin olive oil</li> </ul> <p>Servings: 3-4 medium fritters for each person. These are very low calorie, so you can eat several fritters.</p>	<p>into medium, palm-sized patties.</p> <p>2. Prepare a skillet by heating up about 2-3 TBSPs of extra virgin olive oil. Once heated, place the zucchini patties in the skillet and cook until slightly golden brown, about 2-3 minutes. Flip, and cook on the other side until golden brown.</p> <p>3. Serve the zucchini fritters right away. You can top them with a dollop of reduced-fat sour cream or plain Greek yogurt mixed with garlic and lemon juice. You can pair the fritters with turkey sausage links for a whole meal.</p>
--	---

**Cooking Tip:** You can place the grated zucchinis in a colander and mix it thoroughly with 2 teaspoons of salt. Let the grated zucchinis sit for approximately 10 minutes. Then, use a cheese cloth to drain the excess moisture from the zucchini. You can add the rest of the ingredients with the grated zucchini.

<b><u>Guilt-Free Banana Nut Oatmeal Muffins</u></b>	
<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• ¼ cup of whole wheat flour</li> </ul>	<p>1. Preheat your oven to 350 degrees</p>

- ¼ cup of all-purpose or cake flour (cake flour preferred)
- ¼ cup of quick-cooking or old-fashioned oats
- 5-6 TBSPs of light brown sugar
- ¼ tsp of baking soda
- ¼ tsp of cinnamon or more to taste
- 2 medium ripe bananas, peeled and mashed – should be kept chunky, not completely smooth
- 1 egg and 1 egg white
- ¼ tsp of pure vanilla extract
- ½ TBSP of coconut oil, melted
- 3-6 TBSPs of chopped or crushed walnuts, pecans or almonds

Yields: 6 muffins; 1 muffin per person.

- Fahrenheit. Prepare a 6-tin muffin pan.
2. Whisk whole wheat flour, all-purpose or cake flour, oats, sugar, baking soda, and cinnamon together in a bowl.
  3. Beat the mashed bananas, eggs, vanilla, and oil in a separate bowl.
  4. Add the dry ingredients to the banana mixture, and mix or beat the ingredients together. Don't over-mix. Fold in the nuts.
  5. Divide the batter among the six tins of the muffin pan.
  6. Bake the muffins for 25-30 minutes until golden brown and baked through. You can poke a tooth pick in the middle of the muffins and pull it out to see if any batter sticks.
  7. Cool muffins in pan for five minutes before removing them to a rack. Serve with a small bowl of fruit; blueberries, strawberries or peaches would go great with this recipe.

**Single Serving Green Omelet**

*Ingredients:*

*Directions:*

- ½ – 1 cup of baby spinach
- ½ a small onion, chopped
- 1 garlic clove, minced
- 1 TBSP of extra virgin olive oil
- 3-5 grape tomatoes, halved, quartered or sliced
- 2 large eggs or 3 egg whites
- 2 TBSPs of crumbled feta, shredded cheddar, shredded pepperjack or other cheese
- 1 TBSP of butter
- 1 TBSP of your favorite herb (not mint or parsley)
- Salt and pepper to taste

1. Heat the olive oil in a medium skillet over medium-high heat. Add the onion and garlic; sautee until fragrant and onions are transparent, about 3-4 minutes. Add the tomatoes and spinach and toss. Season with salt and pepper. Cook the mixture until spinach leaves have wilted completely. Remove mixture from pan and set aside. Clean the skillet.

2. In a bowl, beat the eggs or egg whites and season with salt and pepper. Add the butter to the clean skillet, and heat over medium. Reduce the heat to low when the butter has melted and stopped sizzling. Add the eggs and cook both sides until there is no trace of uncooked eggs.

3. Remove the omelet onto a plate, unfolded. Spoon the spinach mixture in the middle of the omelet, and sprinkle the cheese on top. Fold the omelet and let it sit for two minutes to give the cheese time to melt. Serve with a small fruit bowl or with any healthy sauce for more flavor.

## Lunch Recipes

<b><u>Grilled Chicken Asparagus Salad</u></b>	
<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"><li>• 6-8 ounces of precooked grilled chicken, sliced</li><li>• 1 cup of small asparagus, chopped (2-inch pieces)</li><li>• <math>\frac{3}{4}</math> – 1 cup of sugar snap peas or edamame</li><li>• <math>\frac{3}{4}</math> – 1 cup of snow peas or green beans</li><li>• 1 cup of spinach</li><li>• 2-3 stems of green onion, chopped</li><li>• Your favorite dressing – preferably a healthy, light one</li></ul> <p>Yields: 2-3 servings; 2 cups per serving</p>	<ol style="list-style-type: none"><li>1. Blanch the asparagus and peas in boiling water for 2-3 minutes. Remove from the water and rinse in cold water. Use paper towels or a clean kitchen towel to blot the vegetables dry.</li><li>2. Put the chicken and vegetables in a bowl, and toss until coated. Divide the salad into even portions and serve. You can add strawberries or nuts like chopped almonds for an extra burst of flavor and texture.</li></ol>

<b><u>Eggplant Pizza</u></b>	
<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"><li>• 2 medium eggplants</li><li>• 2 TBSPs of salt</li></ul>	<ol style="list-style-type: none"><li>1. Slice the eggplants into <math>\frac{3}{4}</math>-inch slices, and place them on paper towels. Sprinkle the 2 TBSPs of salt on the eggplant slices and let them sit for 30</li></ol>

- 3-4 TBSPs of extra virgin olive oil
- 4 tsp of Italian seasoning
- A handful of basil leaves, chopped into strips
- 2/3 cup of finely shredded or grated Parmesan cheese
- 2/3 cup of finely shredded or grated mozzarella cheese
- Mini pepperoni slices or small bits of turkey bacon, cooked – Small balls of cooked turkey sausage would work here, too.
- Marinara sauce of your choice – homemade preferred

Yields: 4-6 servings; 3-4 eggplant slices per person.

minutes. This will help draw out the excess moisture in the eggplant.

2. Preheat your oven to 375 degrees Fahrenheit. Place the eggplants on a baking sheet lined with foil or another baking dish or roasting pan. Coat the pan with cooking spray.

3. Once the 30 minutes are up, use dry paper towels to wipe off the moisture on the eggplant slices. Place the slices on the baking dish and brush the tops with extra virgin olive oil. Sprinkle the tops with Italian seasoning. Roast the eggplants for 25 minutes.

4. Mix the cheeses together in a bowl. Remove the eggplants from the oven, and set the oven to broil. You can also just leave the oven on the baking setting if that's more convenient.

5. Spread 2-3 TBSPs of marinara sauce on each eggplant slice, and sprinkle the basil leave slices on top of the marinara. Then, sprinkle a generous amount of the cheese blend on each eggplant slice. Put the eggplant slices back in the oven. If you're broiling, it'll take about 2-4 minutes to melt the cheese and brown it some. If you're baking, it may take about 7-10 minutes to for the cheese to melt and brown. If you're using a toaster oven, it may take about 5-7 minutes. Serve the eggplant pizza with a small side salad or healthy bread sticks.

### **Sweet Potato, Cabbage, and Sausage Soup**

***Ingredients:***

- ½ pound of Italian turkey

***Directions:***

1. If necessary, take the sausage meat

<p>sausage (Regular ones are okay, too, but try to find lean ones.)</p> <ul style="list-style-type: none"> <li>• 2 cloves of garlic, minced</li> <li>• ½ a sweet onion, chopped</li> <li>• 2 cups of sweet potatoes, peeled and chopped into bite-sized pieces (Russet or red potatoes work here, too.)</li> <li>• 4 cups of chicken stock</li> <li>• Salt and pepper to taste</li> <li>• 1 – 1 ½ cups of green cabbage, chopped into thin strips</li> <li>• 1 tsp of fresh thyme, chopped</li> </ul> <p>Yields: 3 servings; 1 – 1 ½ cup of soup per serving.</p>	<p>out of their casings. In a soup pot or other large pot, heat some olive oil over medium-high heat, and crumble the sausage meat into the pot.</p> <p>2. Cook the sausage until just browned, and add the garlic and onion. Stir until the onion has softened and the mixture becomes fragrant, about 3-4 minutes.</p> <p>3. Add the sweet potato chunks and chicken stock to the pot. Season with salt and pepper to taste. Boil the entire mixture on low for 15 minutes until potatoes have become almost tender. Turn off the heat.</p> <p>4. Add the cabbage strips and thyme. Stir all ingredients together and let the cabbage strips soften and wilt, about 2-4 minutes. Serve with a side of whole wheat bread, brown rice or fruit salad.</p>
---	---

### **Healthy Creamy Butternut Squash Soup**

<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• ½ cup of chopped sweet onion or other onion of your choice</li> <li>• 1-2 celery stalks, chopped</li> </ul>	<p>1. In a large soup pot, cook the onion and celery with the butter until softened, about 3-5 minutes.</p>

<ul style="list-style-type: none"> <li>• 1-2 TBSPs of unsalted butter</li> <li>• 1 <math>\frac{3}{4}</math> – 2 cups of chicken broth plus 2 TBSPs of chicken broth, divided</li> <li>• <math>\frac{1}{2}</math> tsp of sugar</li> <li>• 1 bay leaf</li> <li>• <math>\frac{1}{4}</math> tsp of ground ginger</li> <li>• <math>\frac{1}{2}</math> tsp of ground turmeric</li> <li>• A pinch of cinnamon or more to taste</li> <li>• A pinch of salt</li> <li>• Half a butternut squash, peeled and cubed</li> <li>• 1-2 medium or large sweet or Russet potatoes, peeled and cubed</li> <li>• <math>\frac{3}{4}</math> cup of fat-free, organic milk</li> </ul> <p>Yields: 4 servings; about 1 <math>\frac{1}{4}</math> cups per serving.</p>	<p>2. Add the 1 <math>\frac{3}{4}</math> – 2 cups of chicken broth to the pot as well as the sugar, bay leaf, ginger, turmeric, salt, and cinnamon. Stir everything together. Then, add the cubed squash and potatoes.</p> <p>3. Bring soup to a boil, then reduce to a simmer. Cover and simmer for 15-20 minutes until potatoes and squash become tender.</p> <p>4. Turn off the heat and discard the bay leaf. Use an immersion blender to puree the soup. You can also use a blender to puree the soup in batches.</p> <p>5. After pureeing all the soup, put it back into the pot. Add the two extra TBSPs of chicken broth. Turn the heat on again, and heat the soup through. Serve with whole wheat bread, crackers or a side salad.</p>
--	--

<b><u>Korean Chicken Lettuce Wraps</u></b>	
<i>Ingredients:</i>	<i>Directions:</i>

- 2/3 cup of light brown sugar, packed
- 1/2 cup of low-sodium soy sauce
- 2 TBSPs of sesame oil
- 1 tsp of red pepper flakes
- 1/2 tsp of ground ginger
- 2 TBSPs of extra virgin olive oil
- 5-6 medium garlic cloves, minced
- 1 1/2 pounds of lean ground chicken (Turkey or beef works here, too.)
- 4 stalks of green onions, chopped
- Lettuce leaves, washed and bottom parts chopped off, saving darker green leaves

Serving Size: 1 TBSP of Korean ground chicken with 1 lettuce leaf; 4-5 Korean chicken lettuce leaves per person.

1. Mix the brown sugar, soy sauce, sesame oil, ginger, and red pepper flakes in a bowl. Set aside.
2. Heat the olive oil in a large skillet over medium-high heat, and add the garlic cloves. Stir until fragrant, about 2-3 minutes.
3. Add the ground chicken to the skillet. Break it up with a wooden spoon. Cook until browned and drain any excess fat. The chicken should be crumbled and in small pieces, not chunks.
4. Add the sauce to the skillet, and mix with the cooked ground chicken. Heat the sauce and chicken through for 2-3 minutes. Add the green onions, and stir to combine all ingredients.
5. Lay out the lettuce leaves on a plate or container. Add one TBSP of chicken to one lettuce leaf. Repeat until you have enough Korean chicken lettuce leaves. Save chicken for later.

## **Light and Healthy Grilled Vegetable Wraps**

<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• 4 TBSPs of balsamic vinegar</li> <li>• 3 tsp of minced basil leaves</li> <li>• 3 tsp of extra virgin olive oil</li> <li>• 3 tsp of molasses</li> <li>• 1 ½ TBSPs of minced thyme</li> <li>• Salt and pepper to taste</li> <li>• 2 medium zucchinis, cut into ¼-inch slices</li> <li>• 2 medium bell peppers, cut into 1-inch slices</li> <li>• 1-2 cups of spinach</li> <li>• 8 whole wheat, burrito-sized tortillas</li> <li>• Hummus, store-bought or homemade</li> </ul> <p>Yields: 8 servings; 1 wrap per person.</p> <p>** You can add grilled chicken to the wraps, too.</p>	<ol style="list-style-type: none"> <li>1. Mix the vinegar, basil leaves, oil, molasses, thyme, and salt and pepper in a bowl or storage bag. Put the zucchini and bell pepper slices in the bowl or bag and marinate them for two hours.</li> <li>2. Heat a grill pan over medium heat. Place the vegetables on the pan and grill until vegetables have softened some and have grill marks, about 5 minutes per side. When you flip over the vegetables to cook on the other side, make sure to use some of the reserved marinade to brush on the vegetables. Remove vegetables when done.</li> <li>3. Brush one side of each tortilla with the leftover marinade. Grill the tortillas, marinade side down, for two minutes until lightly toasted. You can grill one tortilla at a time and assemble one wrap at a time.</li> <li>4. Spread at 4 TBSPs of hummus on each tortilla. Put a handful of spinach leaves on top of the hummus. Then, put 1 cup of grilled veggies on top of the spinach leaves. Roll up or fold the tortilla. Wrap in plastic wrap for easy carrying and eating.</li> </ol>

## **Baked Panko-Crusted Halibut and Spinach Salad**

### *Ingredients:*

- 4 – 4 oz. halibut fillets, washed and dried
- 2 TBSPs of chopped herb of your choice, such as basil, cilantro, and chives
- 3 TBSPs of unsalted butter, melted and cooled
- ½ cup of freshly squeezed lemon juice
- 2 tsp of garlic powder
- 1 tsp of salt
- 1 cup of Panko breadcrumbs
- 4 cups of spinach leaves, packed
- 1 TBSP of extra virgin olive oil
- 2 TBSPs of Dijon mustard
- 2 TBSPs of freshly squeezed lemon juice
- Dried cranberries and slivered almonds – optional

Yields: 4 servings; 1 halibut fillet and 1 cup spinach salad per person.

### *Directions:*

1. Preheat your oven to 375 degrees Fahrenheit. Prepare a baking dish for the fish fillets by spraying it with cooking spray.
2. Whisk the butter, lemon juice, garlic powder, and salt in a bowl. Then, put the Panko breadcrumbs in a shallow dish or a large plate or bowl.
3. Dip one fillet in the butter mixture with one hand and coat it completely. Put the fillet skinless side down in the Panko and coat that side only. Place the fillet in the baking dish with the skin side down. Repeat this step for the rest of the fillets. Sprinkle the chopped herbs over the fish fillets when they're all in the baking dish. Bake the fish for 15 minutes.
4. In the mean time, make the salad by whisking the olive oil, mustard, and lemon juice together. Then, in a large salad bowl, place the spinach leaves in it and toss in some dried cranberries and slivered almonds if you want. Pour the dressing in the bowl and toss all ingredients together until coated.
5. Divide the salad into four even portions on plates. After the fish is finished baking, place one fillet on top of the salad on each plate. Serve immediately.

## Quinoa Cakes

### *Ingredients:*

- 1 1/3 cups of cooked quinoa
- 2 large eggs, beaten
- Pinch of salt and lemon pepper
- 1 TBSP freshly chopped herbs, such as chives or thyme
- 1/4 cup of chopped onion
- 1/4 cup of grated Parmesan cheese or other cheese of your choice
- 1-2 garlic cloves, minced
- 5 TBSPs of whole grain – plain or seasoned – breadcrumbs or more if needed
- 1/4 cup carrots and zucchini or cucumber, finely chopped

Yields: Depends on how you shape the patties, but this mixture is good for 10 thick patties; 3-4 quinoa patties per person.

### *Directions:*

1. Mix the quinoa, eggs, salt, and lemon pepper in a bowl. Then, stir in the herbs, onion, cheese, and garlic. Next, add in the veggies and breadcrumbs. The patties should be moist, but if it's too wet, you can add more breadcrumbs. You can add water if the mixture is too dry.
2. Make 10 patties out of the mixture.
3. Heat olive oil in a large skillet over medium heat, and place the patties in the skillet. Cook each side for 5-10 minutes until golden brown. Serve with a side salad or turn the patties into sandwiches with whole grain bread.

### Curry Egg Salad Sandwich

#### *Ingredients:*

- 4 hard-boiled eggs, roughly chopped
- 4 TBSPs of plain Greek yogurt or reduced-fat sour cream
- 4 TBSPs of bell pepper, diced
- ½ tsp of curry powder
- Salt and pepper
- 4 slices of whole grain, rye or multi-grain bread
- 1 cup of spinach leaves

Yields: 2 sandwiches; 1 sandwich per person.

#### *Directions:*

1. Mix the chopped eggs, Greek yogurt, diced bell pepper, curry powder, and salt and pepper to taste in a bowl.

2. Place the bread slices on separate plates, two each. Top one slice with ½ cup of spinach leaves. Top with half the egg mixture. Place the other slice of bread on top, cut the sandwich in half or diagonally, and serve!

This sandwich goes well with sweet potato fries or chips, fruits, side salad or side soup bowl.

### Udon Noodle Soup for Nursing Moms

#### *Ingredients:*

- 1 TBSP of unsalted butter
- ¼ cup of finely chopped sweet onion
- ¾ cup each of chopped carrots and celery

#### *Directions:*

1. In a soup pot, melt the butter over medium heat. Add the chopped onion, carrots, celery, and ginger, and stir until softened, about 5-7 minutes.

- 2-inch piece of fresh ginger, minced
- 1 cup of cooked chicken
- 1 TBSP of toasted fenugreek seeds, finely ground
- 3 cups of chicken stock
- 3 ounces of whole wheat udon noodles or other noodle of your choice
- 3 TBSPs of chopped green onion
- Salt and pepper

Yields: 4 servings; about 1 cup per serving.

2. Pour in the chicken broth, and cover the pot. Bring to a boil over medium-high heat and let boil for 10 minutes.

3. Add the udon noodles, cover, and boil for another 8-10 minutes until vegetables are tender.

4. Add the cooked chicken to the pot, and stir all ingredients together. Add the ground fenugreek seeds into the pot, and simmer the soup over low heat for 3-4 minutes.

5. Season the soup with salt and pepper. Stir the soup one last time to mix all ingredients. Ladle soup into bowls and garnish with chopped green onions.

## Dinner Recipes

<b><u>Quick and Easy Chicken Parm Meatball Rolls</u></b>	
<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>● ¼ cup of Panko breadcrumbs or Italian seasoned breadcrumbs</li> <li>● ¼ cup of finely chopped sweet onion</li> <li>● ½ tsp of dried oregano</li> <li>● ½ tsp of dried basil leaves</li> <li>● 1 TBSP of fenugreek seeds, toasted and finely ground – optional</li> <li>● ¼ cup of grated Parmesan cheese + 1 TBSP extra for later</li> <li>● Salt and pepper to taste</li> <li>● 1-2 garlic cloves, minced</li> <li>● 1 egg</li> <li>● ¾ – 1 lb of lean ground chicken</li> <li>● 1 TBSP of extra virgin olive oil</li> <li>● Fresh mozzarella cheese, sliced</li> <li>● 2 TBSPs of chopped fresh basil leaves</li> <li>● Your favorite healthy marinara sauce</li> <li>● Whole wheat or multi-grain hoagie or sub rolls, halved</li> </ul> <p>Yields: 3-4 servings; 4 meatballs on one hoagie or sub roll with 2 slices of Mozzarella and ¼ cup of marinara.</p>	<ol style="list-style-type: none"> <li>1. Preheat your oven to 400 degrees Fahrenheit. Prepare a baking sheet with foil or cooking spray.</li> <li>2. In a large bowl, combine the breadcrumbs, onion, dried oregano, dried basil, fenugreek seeds (optional), ¼ cup of Parmesan cheese, salt and pepper to taste, minced garlic, egg, and ground chicken together. Divide the mixture into 15-20 equal portions. Roll the portions into meatballs. Place them on the baking sheet, and bake meatballs for 15-20 minutes until they're cooked through.</li> <li>3. Take the meatballs out of the oven. Switch the oven to broil, and put the oven rack closer to the broiler. You can also use a toaster oven for this next step. Place two meatballs on one half of each roll.</li> <li>4. Pour 3 TBSPs of marinara sauce over the meatballs, and place two slices of mozzarella cheese on top of each meatball. Place the other half of the sub on top. Place the arranged meatball rolls on a clean baking sheet or other baking dish. Put in the oven, and broil for 3-7 minutes until bread is toasted</li> </ol>

and cheese has melted. Serve right away.

## **Roasted Veggie Soup**

### *Ingredients:*

- 3-4 beets, chopped into cubes with greens removed but saved and set aside
- 3-4 sweet potatoes, peeled and cubed
- 1 large sweet onion, chopped
- 3-4 medium carrots, peeled and chopped
- ½ cup of chopped celery
- ½ cup of chopped fennel
- 6 garlic cloves, minced
- Salt and pepper to taste
- 4 TBSPs of extra virgin olive oil
- 4 cups of chicken broth or vegetable broth
- 1-2 cups of spinach or kale
- 2-3 TBSPs of fenugreek seeds, toasted and finely ground – optional
- 4 TBSPs of tomato paste
- 2 tsp of light or dark brown sugar
- 2 bay leaves
- 2 medium tomatoes, chopped

### *Directions:*

1. Preheat your oven to 475 degrees Fahrenheit. Prepare a baking sheet roasting pan for vegetables.
2. Put the beets, sweet potatoes, onion, carrots, celery, fennel, and garlic on the baking sheet or roasting pan. Season with salt and pepper to taste, and drizzle the olive oil on top of the vegetables. Toss to coat evenly. Roast for about 30 minutes until the vegetables are tender and fragrant.
3. Dump the vegetables in a large soup pot. Pour in the chicken or vegetable stock. Add the fenugreek seeds, spinach or kale, greens from the beets, tomato paste, brown sugar, tomatoes, and bay leaves in the pot. Bring everything to a boil, and turn off the heat.
4. Remove the bay leaves, and use an immersion blender or a regular blender to make the soup smooth. You can also keep some chunks of vegetables in there for

Yields: 6-8 servings; about 1 ½ cup per serving.

texture. Serve with toasted whole grain or multi-grain bread.

## Healthy Shepherd's Pie

### *Ingredients:*

- 2 large sweet potatoes
- ¼ cup of fat-free, organic milk
- Salt and pepper to taste
- 1 tsp of maple syrup
- Pinch of cinnamon or freshly grated nutmeg to taste
- ½ a large sweet or yellow onion
- 2-3 garlic cloves, minced
- ½ cup of frozen peas or edamame beans
- ½ cup of frozen corn kernels
- 1 cup of spinach leaves, packed
- ½ pound of lean ground chicken, beef or turkey (You can also use cubed or shredded cooked chicken.)
- ½ of 14-oz. can of cream of mushroom soup
- 1 TBSP of dried basil leaves
- ½ tsp of dried thyme

Yields: 4-6 servings

### *Directions:*

1. Bake or boil the sweet potatoes in the skin. After cooking, remove the skin and mash the potatoes in a bowl. Add the milk, salt and pepper to taste, maple syrup, and cinnamon or nutmeg to the bowl. Mix together thoroughly. Set aside.
2. Turn your oven to 375 degrees Fahrenheit. Heat olive oil in a cast iron skillet or a large sautee pan over medium heat. You can use another pan or skillet, but it'll be easier to use a pan that you can put in the oven so the shepherd's pie cooks right in the pan. You can also use a baking dish for the shepherd's pie.
3. Add the onion and garlic to the oil and stir until tender. Add the ground meat, and cook the meat with the onions until browned. If you're using pre-cooked meat, don't add the meat to the pan. Next, add the peas, corn, spinach, cream of mushroom soup, dried basil, and dried thyme to the pan. Mix all ingredients together and heat through until spinach leaves have wilted. Spoon out any excess liquid.
4. Add the cooked meat, if necessary, and mix. Top the vegetable mixture with the mashed

sweet potatoes. Bake for 30 minutes. After baking, let the shepherd's pie cool for 5-10 minutes before serving. Serve with a side salad.

## Stuffed Zucchini

### *Ingredients:*

- 2 medium-sized zucchinis, cut in half length-wise
- ½ cup of salsa or more if desired
- ½ lb of lean ground beef or chicken
- ½ tsp of garlic powder
- ½ tsp of cumin
- ½ tsp of salt
- ½ tsp of chili powder
- ¼ tsp of dried oregano
- ½ tsp of paprika
- ½ an onion, diced
- 2-4 TBSPs of diced bell pepper
- Marinara sauce or other tomato sauce
- 2 TBSPs of water
- ¼ cup of shredded Mexican cheese blend or other cheese
- 2 TBSPs of green onions, chopped

\*\* You can also use taco seasoning here or other meat seasoning. Just watch the salt intake.

Yields: 4 stuffed zucchinis or 2 servings; 2 zucchini halves per person.

### *Directions:*

1. Boil a pot of water.
2. Hollow out the zucchini halves, and save about ½ cup of the insides of the zucchinis. Chop it up into smaller pieces, and use paper towels to squeeze out the excess moisture.
3. Place the zucchini halves in the boiling water and boil for one minute. Place ¼ cup of salsa on the bottom of a small baking dish. Remove the zucchini halves and place them in the dish.
4. Heat olive oil in a skillet over medium-high heat. Add the ground meat, breaking it up with a wooden spoon, and cook until browned. Add the spices and mix it into the meat. Then, add the chopped zucchini 'meat', onion, bell pepper, and ¼ – ½ cup of marinara sauce or more. Mix all ingredients together. Cover the skillet, and lower the heat to a simmer. Simmer all ingredients together for 15-20 minutes. After 10 minutes of simmering, preheat oven to 375 degrees Fahrenheit.
5. Scoop meat into hollowed out zucchini halves, about 1/3 cup of meat per zucchini half. Press down on the meat mixture firmly into the zucchini

halves. Top each half with 1-2 TBSPs of cheese. Cover the baking dish with foil, and bake for 30-40 minutes until cheese has melted and zucchini is tender. Remove from oven. Let cool for a few minutes, and top with chopped green onions.

### **BBQ Chicken Salad**

#### *Ingredients:*

- 4 medium chicken breasts or 1 ½ cup of chopped cooked chicken
- Extra virgin olive oil
- Salt and pepper to taste
- 2/3 cup of BBQ sauce
- 3-4 whole romaine or green lettuce, chopped (You can also use pre-packaged salad mixes.)
- ¾ – 1 cup of sweet corn kernels (Drained if from a can.)
- ½ – ¾ cup of black beans (Drained and rinsed if from a can.)
- ¾ – 1 cup of diced tomatoes
- ½ cup of Monterey Jack cheese or pepperjack cheese, shredded
- ½ cup of sharp cheddar cheese, shredded
- Extra BBQ sauce
- Light ranch dressing
- Whole grain tortilla chips or pita

#### *Directions:*

1. If you're using raw chicken breasts for this recipe, here's what you need to do: Pound the chicken until they're thinned out. Then, rub them with olive oil, salt, and pepper. Grill them or use a skillet to cook the chicken breasts. Brush the side facing away from the skillet pan with a generous amount of BBQ sauce. Flip over when the other side is done cooking. Brush that side with BBQ sauce. Remove from grill or skillet. Let the chicken cool on a plate.
2. In a large bowl, add the chopped lettuce, corn, black beans, tomatoes, and cheeses. Then, shred or cube the cooked chicken. Toss with the salad mix. Plate the salad, and drizzle with BBQ sauce and ranch dressing. Top with tortilla or pita chips or place them on the side.

chips	
Yields: 4 servings; about 1 ½ cup of salad per person.	

<b><u>Pesto Tilapia</u></b>	
<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• 2 tilapia fillets, about 6 ounces each</li> <li>• ½ cup of pesto (recipe below)</li> <li>• ¼ cup of grated Parmesan cheese</li> <li>• ½ cup of chopped tomatoes</li> <li>• Salt and pepper to taste</li> <li>• 2-4 TBSPs of freshly squeezed lemon juice</li> <li>• 2 TBSPs of melted butter</li> </ul> <p><i>Pesto:</i></p> <ul style="list-style-type: none"> <li>• ½ cup of roasted almonds</li> <li>• ¾ cup of basil leaves</li> <li>• 1 cup of kale or spinach leaves</li> <li>• ¼ cup of grated Parmesan cheese</li> <li>• ¼ cup of extra virgin olive oil</li> <li>• ½ a lemon's juice</li> <li>• Salt and pepper to taste</li> </ul> <p>Just use a blender or food processor to chop up the roasted almonds until very crumbly. Then, put the basil, spinach, cheese, and lemon juice into the blender or food processor. Stream in the olive oil until desired consistency. Season with salt and pepper.</p>	<ol style="list-style-type: none"> <li>1. Preheat the broiler. Clean and wash the tilapia fillets, and pat them dry with paper towels. Place the tilapia fillets in a baking dish or on a baking sheet lined with foil and sprayed with olive oil cooking spray.</li> <li>2. Brush on melted butter on top of fish fillets. Season with salt and pepper to taste. Sprinkle 2 TBSPs of grated Parmesan cheese on top of the tilapia fillets. Place the tilapia under the broiler for 10 minutes or until fish becomes opaque and cheese has turned golden brown on top.</li> <li>3. Remove the fish fillets from the broiler, and transfer them to separate plates. Top each fillet with pesto and tomatoes. Serve with spinach salad or other salad. A light, healthy soup works here, too, or a sweet potato hash.</li> </ol>

Yields: 2 servings; 1 tilapia per person, 1-2 TBSPs of pesto, and 2 TBSPs of chopped tomatoes

### **Whole Wheat Penne Pasta with Squash and Spinach**

#### *Ingredients:*

- 12 ounces of dry whole wheat penne pasta
- 1 small butternut squash, peeled and chopped into bite-sized cubes
- 1 tsp of freshly grated nutmeg or ground nutmeg
- Salt and pepper to taste
- 2 TBSPs of extra virgin olive oil
- 4 TBSPs of unsalted butter
- 2-3 cups of spinach
- 1 cup of onions, caramelized
- 6-8 cloves of roasted garlic, minced
- ½ cup of grated Parmesan cheese + a few TBSPs extra, divided
- Cooked chicken, cubed –

#### *Directions:*

1. Roast the butternut squash in a 375 degrees Fahrenheit oven for about 25 minutes or until the squash is tender. Remove and set aside.
2. Cook pasta according to package instructions. Remember to add a dash of salt to the boiling water to draw out the flavor of the pasta. Drain the pasta, and save a little bit of the pasta water. Set aside.
3. In a large skillet, brown the 4 TBSPs of butter over medium-high heat. Remove the skillet from the heat, and add the spinach and roasted garlic. Place the skillet back on the heat, and turn the heat down to low. Stir spinach and garlic

<p>optional</p> <p>Yields: 4-6 servings; about 1 cup of pasta per person</p>	<p>together until spinach wilts. Remove from heat, and add the caramelized onions, pasta, butternut squash, cheese, and reserved pasta water. Toss together and serve.</p>
--	--

### **Chicken and Veggie Tacos**

<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• 16 whole wheat tortillas, regular-sized</li> <li>• 2 cups of cooked shredded chicken</li> <li>• 4 sweet potatoes, peeled and cubed</li> <li>• 1-2 small sweet or yellow onions, cut into thin slices</li> <li>• 2 garlic cloves, minced</li> <li>• 6-8 cups of spinach</li> <li>• 1 tsp of cumin</li> <li>• 1 tsp of paprika</li> <li>• 1 tsp of garlic powder</li> <li>• 1 tsp of dried oregano</li> <li>• 1 tsp of chile powder</li> <li>• 1-2 limes, juiced</li> <li>• Salt and pepper to taste</li> </ul> <p>Yields: 8 servings; 2 tacos per person.</p>	<ol style="list-style-type: none"> <li>1. Preheat your oven to 375 degrees Fahrenheit. Place the tortillas in microwave, 8 at a time, and heat up for a few seconds until softened. Brush the tortillas with olive oil, and drape the tortillas over two bars of the oven rack to shape them into tacos. Bake for 8-10 minutes until crispy.</li> <li>2. Boil or bake the sweet potatoes until tender. Remove and set aside to cool.</li> <li>3. Heat olive oil in a large skillet, and add the onions. Cook until tender, approximately for six minutes. Add the sweet potatoes and cook until the edges start to brown.</li> <li>4. Add the garlic and spinach. Stir and cook until spinach wilts. Add the spices, and mix all ingredients together until</li> </ol>

	<p>spices coat the veggies. Remove skillet from heat, and add the lime juice and chicken. Mix ingredients together. Season with salt and pepper. Divide the mixture into the tacos and serve with salsa, avocado slices or other taco toppings.</p>
--	---

<p><b><u>Stuffed Bell Peppers</u></b></p>	
---	--

<i>Ingredients:</i>	<i>Directions:</i>
<ul style="list-style-type: none"> <li>• ½ pound of lean ground turkey, chicken or beef</li> <li>• ¾ TBSPs of cumin</li> <li>• ½ tsp of salt</li> <li>• 14-oz. can of crushed tomatoes</li> <li>• 8 ounces of black beans, (Drained and rinsed if from a can.)</li> <li>• 8 ounces of sweet corn kernels, (Drained if from a can.)</li> <li>• 1 ½ cup of cooked brown rice or quinoa</li> <li>• 4 sweet bell peppers, any color (Make sure they're nice and round; they'll hold the stuffing better.)</li> <li>• ½ cup of shredded cheese of your choice (Great choices: Monterey Jack, pepperjack, and mozzarella)</li> <li>• 2-4 TBSPs of green onions, chopped</li> </ul> <p>Yields: 4 servings; 1 stuffed bell pepper per person.</p>	<ol style="list-style-type: none"> <li>1. Preheat your oven to 350 degrees Fahrenheit. Wash bell peppers, and slice the tops off. Remove the seeds from the middle. Place the bell peppers in a greased baking dish.</li> <li>2. Heat olive oil in a skillet over medium heat, and add the ground meat. Break it up and cook until browned. Drain any excess fat. Add the spices and seasonings, tomatoes, corn, and black beans. Mix everything together thoroughly, and cover the skillet. Let all ingredients simmer for 10-15 minutes.</li> <li>3. Add the cooked rice to the skillet, and combine all ingredients together. Remove the skillet from the heat. Spoon the filling into the bell peppers.</li> <li>4. Cover the baking dish with foil, and bake the bell peppers for 35 minutes or until peppers have become tender. Take the baking dish</li> </ol>

out, remove the foil, and sprinkle cheese on top of the bell peppers. Bake for another 5-7 minutes until the cheese has melted. Remove from oven, and top with chopped green onions. Serve with a side salad, side soup bowl or toasted whole grain or multi-grain bread.

### Simple Chicken or Turkey Veggie Stir-Fry

*Ingredients:*

- 1 ½ pounds of chicken or turkey breasts, chopped into bite-sized pieces
- 4 TBSPs of store-bought black bean and garlic sauce
- 2 TBSPs of rice wine
- 2 TBSPs of honey
- 4 tsp of sesame oil
- 2 TBSPs of olive oil
- 1 bell pepper, sliced into thin strips
- 1 small onion, sliced into thin strips
- 1 cup of green beans, stemmed and chopped into 1-inch pieces
- Cooked brown rice or salad

*Directions:*

1. In a bowl, whisk the black bean and garlic sauce, rice wine, honey, and sesame oil together. Set aside.
2. Heat the olive oil in a large skillet or wok, and add the onion, bell pepper, and green beans. Stir fry the vegetables for 3-5 minutes. Then, add the chicken or turkey chunks, and stir fry until the meat has cooked through.
3. Add the sauce to the pan, and stir fry all ingredients together until sauce has been absorbed, about 2-3 minutes. Remove skillet from heat.

mix

Yields: 8 servings

4. Serve chicken or turkey veggie stir-fry over brown rice or a bed of leafy green vegetables.

## **Quick and Simple Meal Ideas for Moms**

With all the responsibilities you have as a mommy, sometimes, you just can't make the time to recreate the delicious recipes presented in this e-book. That's where this section comes in. Easy, quick meal ideas that are healthy and breastfeeding-friendly are introduced here, so enjoy the wide array of quick meals you can eat while staying healthy for you and your baby.

### *Breakfast Meal Ideas:*

- Two slices of whole grain or multi-grain toasts with peanut butter and banana slices from one whole banana with a small cup of Greek yogurt or mixed fruit bowl;
- Whole grain cereal with fat-free, soy or almond milk and chopped fruits and nuts;
- One hard-boiled egg with two whole wheat toasts and an apple;
- Plain oatmeal with chopped fruits, cinnamon, light brown sugar, and nuts;
- Whole wheat burrito with cheesy scrambled eggs, chopped tomatoes, sliced avocado, and turkey sausage;
- Whole wheat toast with sunny side up egg and a fruit bowl.

### *Lunch Meal Ideas:*

- Whole wheat burrito with black beans, corn, salsa, and cheese and a side salad;
- Cooked, shredded chicken, veggie, and hummus wrap;

- Avocado, spinach, tomato, bell pepper, mozzarella cheese, hummus or cream cheese, and lean turkey lunch meat wrap;
- Low-sodium, canned chicken noodle soup and a healthy chicken or turkey and veggie sandwich or wrap;
- Chicken Caesar salad with whole wheat toast;
- One cup of cottage cheese with fruits, honey, and nuts and a side salad;
- Tuna or salmon salad sandwich with canned fish, mayo, relish, celery, and lettuce.

#### *Dinner Meal Ideas:*

- Asian chicken salad made with precooked chicken, canned mandarin oranges (drained), chopped romaine lettuce, matchstick carrots, spinach, and sesame ginger dressing;
- Baked sweet potato with wilted spinach, cooked turkey bacon bits, and plain Greek yogurt and a side bowl of soup or salad;
- Chicken and avocado quesadilla with precooked chicken, avocado slices, salsa, sour cream or plain Greek yogurt, green chiles, chopped cilantro, and cheese;
- Brown rice with seasoned beans, veggies, and lean beef;
- Tomato, basil, and mozzarella panini on whole wheat bread with a side salad or soup;
- Pan-seared salmon with brown rice and stir-fried veggies.

### **Bonus Recipe! – Pro-Lactation Cookie Bars**

#### *Ingredients:*

- 1 cup of whole grain, old-fashioned oats
- ½ cup of whole wheat flour
- ¼ cup of light brown sugar, packed
- ¼ cup of wheat germ
- 2 TBSPs of flaxseed, finely ground, or flaxseed meal
- 1 TBSP of brewer's yeast
- ½ tsp of cinnamon
- ½ tsp of salt
- ¼ cup of honey
- 2 TBSPs of coconut oil, softened
- 2 TBSPs of unsweetened applesauce
- 1 egg, beaten
- 1 tsp of pure vanilla extract
- ½ of a banana, roughly mashed
- ½ cup of dried fruit, such as cranberries
- ¼ cup chopped nuts

#### *Directions:*

1. Preheat your oven to 350 degrees Fahrenheit. Prepare an 8x8 baking pan or dish for the lactation bars. Spray it with cooking spray to make it easier for the bars to come out of the pan.
2. Mix oats, flour, sugar, wheat germ, ground flaxseed, brewer's yeast, cinnamon, and salt in a bowl. Make a well in the center of the dry ingredients. Add the honey, coconut oil, applesauce, vanilla extract, mashed banana, and dried fruit in the center. Mix ingredients together with your hands until combined.
3. Put the mixture into the prepared pan and press it down. Bake for 30-35 minutes until browned. Cool for five minutes before cutting into squares. Save the rest of the bars in a storage bag and place them in the fridge or in a cool, dry place.

## Double Layer Lactation Brownies

### *Ingredients:*

#### First layer:

- 1 ¼ cups of whole grain old-fashioned oats
- 2 tsp of flaxseed meal
- 2 tsp of toasted and ground fenugreek seeds – optional
- 2 TBSPs of whole wheat flour
- ¼ cup of all-purpose flour
- ¼ cup of light brown sugar
- 1 TBSP of brewer's yeast
- ½ tsp of salt
- ½ cup of unsalted butter, melted and cooled

#### Second layer:

- ½ cup of whole wheat flour
- ¼ cup of all-purpose flour
- ½ tsp of salt
- 1 TBSP of raw cacao or unsweetened cocoa powder
- 1 TBSP of brewer's yeast
- 1 TBSP of flaxseed meal
- 1 stick of unsalted butter, softened
- 6-7 ounces of bittersweet chocolate
- ¾ cup of white sugar
- ¼ cup of light brown sugar, packed
- 3 large eggs, at room temperature and beaten

### *Directions:*

1. Preheat oven to 350 degrees Fahrenheit. Prepare an 8x8 baking pan or smaller by spraying it with cooking spray.
2. Put the dry ingredients of the first layer in a blender or food processor. Pulse it while streaming the melted butter into the food processor or blender until the mixture reaches a crumbly texture. Press into the baking pan, and bake the first layer for 7-10 minutes.
3. For the second layer, mix the flours, salt, cacao/cocoa powder, yeast, and flaxseed meal together in a bowl.
4. In a double boiler, melt the chocolate and butter together until completely smooth. Let the mixture cool to room temperature before handling. Then, slowly whisk in the eggs (tempering) to the chocolate mixture. Add the vanilla extract.
5. Fold the dry ingredients and nuts in the chocolate mixture gently. Pour the brownie mixture over the oatmeal layer in the pan. Bake for 35 minutes or until brownies are done. Use a toothpick or fork to poke the brownies. If it comes out clean, the brownies are done. Let the brownies cool before you cut

- 1 tsp of vanilla extract
- Slivered almonds or other nuts – optional

it into bars. Keep the rest in a storage bag and put them in the fridge for later. Enjoy!

## E-book Wrap-Up

You've made it to the end of the e-book, and now you're equipped with knowledge and recipes to get yourself in shape for breastfeeding. The next step for you is to plan out your meals for the week. As a mom, your time is precious, and you'll be all over the place; you'll also be more susceptible to eating 'convenience food' that most likely aren't healthy for you and your baby. All you need to do to plan is have a simple organization system and plan out what recipes you'd like to have for your meals each day. Here's a simple chart that you can use for your weekly meal plans:

<b><u>Breakfast:</u></b>
<b><u>Snack:</u></b>
<b><u>Lunch:</u></b>
<b><u>Snack:</u></b>
<b><u>Dinner:</u></b>

You can use a spreadsheet, physical journal or even a simple sheet of paper to prepare your meals (just stick it on your fridge!). Even if you're a mom, time's not going to be on your side, so take one day out of the week to plan meals and shop for ingredients. You should also make some time to prepare meals for the week so that you'll have more time to do other motherly duties. Knowing that you're providing your little one with healthy, abundant breast milk is rewarding! Celebrate this time and enjoy the

nourishing, wholesome foods that you'll be eating – not only for you, but also for your baby.

Special Offer From: [www.mothersselect.com](http://www.mothersselect.com)

**Get Discounts, Prizes and More!**

*(Only If You Act Now!)*

**Plus other valuable bonuses like: Professionals sharing their**

**Secrets for Motherhood Success!**

**Click link below to signup for the Mother's Select Club:**

[Join The Mother's Select Club](#)

[The Ultimate Guide To Potty Training](#)