

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	"breakfast soup"; broth, protien, greens, grains	stewed fruit (apples, prunes, etc.), sausage	eggs, toast, greens, saurkraut	"loaded" or baked oatmeal	molasses congee	sweet potato pancakes w/ stewed fruit	new mama rice pudding
Dinner	breakfast for dinner	stirfry veggies w/ whole grain (meat optional)	soup or something easy in the crockpot	quiche or frittata w/ veg and meat if you like it	mama bowl - protein, greens, grains, dressing	take out	Molly's Coconut milk stew
Snacks	lactation bites (oat bars)/trail mix	carrots dipped in nut butter/" ants on a bread"	crackers and cheese and/or fruit	apple slices and nut butter	bone broth	hard boiled eggs	stewed fruit

These are IDEAS, make it work for you. As me about recipes or variations, if you need.

Make extra and freeze a second meal portion.

Be sure to eat regularly - breakfast, lunch, dinner and snacks and lots of liquids!

*Thanks to Molly Rouse at Life Beyond Birth for recipes and consultation - visit Molly at www.LifeBeyondBirth.com