

MEAL PLAN

FOR BREASTFEEDING MOMS

Breakfast

Lunch

Dinner

Sun

1 banana
peanut butter
greek yogurt

3 egg omelette
1 tbs ham
bell peppers

chicken salad
spinach
toasted pita

Mon

2 hard boiled eggs
1 c. granola
1 c. blueberry

1 c. cottage cheese
1 peach
whole grain toast

2 scrambled eggs
toast
1 peach

Tue

1 c. cottage cheese
1 Peach
whole grain toast

egg salad
toast
celery

grilled salmon
cauliflower
brown rice

Wed

3 egg omelette
1 tbs ham
bell peppers

3 egg omelette
1 tbs ham
toast

1 c. cottage cheese
1 peach
whole grain toast

Thu

egg salad
toast
celery

2 scrambled eggs
toast
1 peach

1 banana
peanut butter
greek yoghurt

Fri

1 banana
2 hard boiled eggs
peanut butter

grilled salmon
cauliflower
brown rice

chicken salad
spinach
toasted pita