

Postnatal Meal Plan - Wellness That Fits

Wellness That Fits, LLC

Welcome to the Wellness That Fits - Postnatal Meal Plan!

Getting proper nutrition after baby arrives can feel overwhelming, especially while taking care of a very dependent little human! You probably feel overwhelmed, exhausted, have low energy, and can't even think straight, let alone plan a nutritious meal!

This meal plan is here to help take the guess work out of understanding what your body needs in this season to heal, increase milk supply, and thrive as a mom.

Disclaimer

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Serving Sizes

Breakfasts, Snacks, and Lunches are planned to serve 1.
Dinner/Supper - Serving size = 4.

Some Meal Prep Ahead Helps Tremendously

Meal prep doesn't have to be overwhelming. If you can give this plan to a family member or friend, they can easily prep the majority of your meals ahead of time!

Here's how to make the most of this plan in just a few simple steps:

1. Grocery Shop Smart ([CLICK HERE FOR THE INSTACART LINK](#) and then click SHOP)

- Use the pre-made grocery list or click on the link above to access the meal plan.
- Click "SHOP" at the top right corner which will bring you to the instacart link.
- Remember to increase the items in the grocery list if you are feeding more mouths than the serving sizes denote above.
- NOTE: If you are using Woodman's (Wisconsin-based) for the grocery store option in Instacart, you will not be able to enter the order as a Pick Up. The only option on Instacart (for Woodman's) is delivery. I have not found a way to upload this list to the Woodman's app (where you can choose between Pick Up or Delivery); you will simply have to enter the order manually into the Woodman's app.

2. Cook in batches

- Cook proteins for the week (roast, grill, crockpot - whatever is easiest for you!).
- Prep starches (potatoes, quinoa) in bulk.

- Wash, chop, and portion out veggies.
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3. Assemble, Don't Overthink

- Mix & match meals using your prepped ingredients.
 - If there is an ingredient you do not like, simply exclude or sub with something you prefer.
 - Use sauces, herbs, and spices to change up flavor profiles (see the “Notes” within each recipe to add flavor).
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4. Store for Success

- Portion meals into containers.
 - Keep 5-7 days' worth in the fridge, freeze the rest for later if you desire.
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What's Next?

Your meal prep journey doesn't end here — let's take your nutrition to the next level.

Want a Custom Meal Plan Built Around Your Family's Needs or Health Goals?

Let's personalize everything — from picky eaters to medical conditions.

- ☐ [Book Your Discovery Call Here and we will go over your options](#)

Need More Ongoing Support?

Work with me 1:1 for **Nutrition Coaching** tailored to your lifestyle, habits, and mindset.

- ☐ [Book a Free Discovery Call](#)

Want to Master Meal Prep?

Check out my **Meal Prep Course** — and enjoy **15% off with code PREP15**

- ☐ [Grab the Course Here](#)

Let's make nourishing your body *the easiest* part of your week!

You've got this — and I'm here for you every step of the way.

— Cassie

Registered Dietitian

Wellness That Fits, LLC

Postnatal Meal Plan - Wellness That Fits

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Overnight Paleo N'Oats	Overnight Paleo N'Oats	Overnight Paleo N'Oats	Greek Yogurt, Blueberries & Ground Flax Seeds	Greek Yogurt, Blueberries & Ground Flax Seeds	Avocado Toast with a Poached Egg	Avocado Toast with a Poached Egg
Snack 1	Strawberry, Almond & Pumpkin Seed Trail Mix	Strawberry, Almond & Pumpkin Seed Trail Mix	Strawberry, Almond & Pumpkin Seed Trail Mix	Pumpkin Breakfast Cookies	Pumpkin Breakfast Cookies	Pumpkin Breakfast Cookies	Pumpkin Breakfast Cookies
Lunch	Air Fryer Steak Bite & Hummus Wrap	Air Fryer Steak Bite & Hummus Wrap	Slow Cooker Sausage Kale & Bean Soup WTF	Air Fryer Steak Bite & Hummus Wrap	Turkey & Microgreen Sandwich	Turkey & Microgreen Sandwich	Turkey & Microgreen Sandwich
Snack 2	Lactation Cookies	Apple with Almond Butter	Lactation Cookies	Apple with Almond Butter	Lactation Cookies	Apple with Almond Butter	Lactation Cookies
Dinner	Slow Cooker Sausage Kale & Bean Soup WTF	Slow Cooker Sausage Kale & Bean Soup WTF	One Pan Salmon with Rainbow Veggies	Slow Cooker Sausage Kale & Bean Soup WTF	One Pan Salmon with Rainbow Veggies	Slow Cooker Honey Garlic Chicken	Slow Cooker Honey Garlic Chicken

Postnatal Meal Plan - Wellness That Fits

65 items

Fruits

- ☐ 3 Apple
- ☐ 1 Avocado
- ☐ 2/3 cup Blueberries
- ☐ 1 Navel Orange
- ☐ 3 tbsps Pomegranate Seeds

Breakfast

- ☐ 1/2 cup Almond Butter
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 1/2 tsp Black Pepper
- ☐ 2 tbsps Chia Seeds
- ☐ 1 tbsp Chili Powder
- ☐ 1 3/4 tsps Cinnamon
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1/2 tsp Nutmeg
- ☐ 1 1/4 cups Pumpkin Seeds
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 cup Sliced Almonds
- ☐ 1/4 cup Sunflower Seeds

Vegetables

- ☐ 10 cups Broccoli
- ☐ 2 3/4 Carrot
- ☐ 2 1/3 stalks Celery
- ☐ 4 3/4 cups Cherry Tomatoes
- ☐ 1 1/2 tbsps Chives
- ☐ 1/3 Cucumber
- ☐ 3 Garlic
- ☐ 9 1/3 cups Kale Leaves
- ☐ 1 1/2 cups Microgreens
- ☐ 1 cup Red Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 1 1/8 Yellow Onion

Boxed & Canned

- ☐ 1 1/8 pints Bone Broth
- ☐ 1 cup Brown Rice
- ☐ 1 1/16 lbs Cannellini Beans

Baking

- ☐ 1/3 cup Almond Flour
- ☐ 1 tsp Baking Powder
- ☐ 3 tbsps Cacao Nibs
- ☐ 1/4 cup Dark Chocolate Chips
- ☐ 1/4 cup Oat Flour
- ☐ 2 cups Oats
- ☐ 1/2 cup Pitted Dates
- ☐ 1/3 cup Pureed Pumpkin
- ☐ 1/4 cup Raw Honey
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 slices Bread
- ☐ 2 lbs Chicken Thighs
- ☐ 2 1/3 ozs Pecorino Romano Cheese
- ☐ 1 1/8 lbs Pork Sausage
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 10 1/2 ozs Sliced Turkey Breast
- ☐ 10 1/2 ozs Sourdough Bread
- ☐ 12 ozs Top Sirloin Steak
- ☐ 3 Whole Wheat Pita

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 tbsp Coconut Aminos
- ☐ 1/3 cup Coconut Oil
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 3 tbsps Mayonnaise
- ☐ 1 1/2 tbsps Whole Grain Mustard

Cold

- ☐ 2 1/2 Egg
- ☐ 1/3 cup Hummus
- ☐ 1 cup Plain Greek Yogurt
- ☐ 1 1/2 cups Unsweetened Almond Milk

Other

- ☐ 4 ozs Freeze Dried Strawberries
- ☐ 3 tbsps Water

Overnight Paleo N'Oats

9 ingredients · 5 minutes · 3 servings



Directions

1. Add the almonds, pumpkin seeds and flax seeds to a blender and process until almost ground. Transfer to a large glass jar along with the chia seeds, almond milk and cinnamon. Place in the fridge overnight or for at least 4 hours.
2. In the morning, divide into jars and top with pomegranate seeds, cacao nibs, and almond butter. Enjoy hot or cold!

Notes

Reheating

Reheat on the stovetop in a pot over low heat until warmed through.

Leftovers

Store in an airtight jar in the fridge up to 5 days.

More Toppings

Serve with any fresh or frozen fruits, nut/seed butter, unsweetened coconut or nut butter.

Likes it Sweet

Drizzle with maple syrup or honey.

No Almond Milk

Use any other type of milk instead.

Ingredients

- 1 cup** Almonds (raw)
- 1/2 cup** Pumpkin Seeds (raw)
- 1 tbsp** Ground Flax Seed
- 2 tbsps** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk
- 1/4 tsp** Cinnamon (ground)
- 3 tbsps** Pomegranate Seeds
- 3 tbsps** Cacao Nibs
- 3 tbsps** Almond Butter

Greek Yogurt, Blueberries & Ground Flax Seeds

3 ingredients · 5 minutes · 2 servings



Directions

1. Mix the ground flax seeds into the yogurt and add the blueberries on top. Serve and enjoy!

Notes

Leftovers

Best enjoyed fresh. The flax and yogurt mixture thickens over time.

Make it Vegan

Use dairy-free yogurt.

Ingredients

1/4 cup Ground Flax Seed

1 cup Plain Greek Yogurt

2/3 cup Blueberries

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 2 servings



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

- 2 slices Bread
- 1 Avocado
- Sea Salt & Black Pepper (to taste)
- 2 Egg
- 2 tbsps Apple Cider Vinegar
- 1/4 tsp Sea Salt

Strawberry, Almond & Pumpkin Seed Trail Mix

3 ingredients · 5 minutes · 3 servings



Directions

1. Combine all of the ingredients in a bowl or container. Serve and enjoy!

Notes

Leftovers

Store in an airtight container on the counter or in the pantry for up to two weeks.

Serving Size

One serving is approximately half a cup.

No Freeze Dried Strawberries

Use raisins, dried cranberries, or dates instead.

Ingredients

4 ozs Freeze Dried Strawberries

1/2 cup Pumpkin Seeds

1/2 cup Sliced Almonds

Pumpkin Breakfast Cookies

14 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Leftovers

Freeze in the freezer-safe bag or container for up to one month.

Make it Sweeter

Add in a handful of dark chocolate chips.

Vegan

Use maple syrup instead of honey and a chia egg instead of an egg.

Ingredients

2/3 cup Oats (quick or rolled)
3/4 tsp Ground Flax Seed
1 tsp Cinnamon
1/2 tsp Nutmeg
1/8 tsp Sea Salt
3/4 tsp Baking Powder
1/4 cup Pumpkin Seeds
1/4 cup Sunflower Seeds
1/2 cup Pitted Dates (chopped)
1/2 Egg
1/3 cup Pureed Pumpkin
2 tbsps Raw Honey
1 1/2 tsps Coconut Oil (melted)
1/2 Carrot (grated)

Air Fryer Steak Bite & Hummus Wrap

7 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the air fryer to 400°F (205°C). Coat the steak pieces with oil and season with salt and pepper.
2. Place the steak in the air fryer basket and cook for eight to 10 minutes or until it reaches your desired doneness. Shake twice while cooking.
3. Spread the hummus on the pita. Top each pita evenly with cucumber, tomato, and cooked steak. Roll the pita into a wrap and enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the ingredients separately in airtight containers for up to three days. Reheat the steak and assemble when ready to eat.

Serving Size

One serving is one pita wrap.

Additional Toppings

Cilantro, lettuce, and tzatziki.

Gluten-Free

Use a gluten-free pita instead.

Ingredients

12 ozs Top Sirloin Steak (cubed)
2 1/4 tsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/3 cup Hummus
3 Whole Wheat Pita
1/3 Cucumber (medium, chopped)
3/4 cup Cherry Tomatoes (halved)

Turkey & Microgreen Sandwich

7 ingredients · 10 minutes · 3 servings



Directions

1. In a bowl, mix the mayonnaise, mustard, and chives. Spread the mayonnaise mixture on one side of each slice of toast.
2. Top with turkey slices and microgreens, and season with salt and pepper. Close the sandwiches and enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is one sandwich.

More Flavor

Add thinly sliced pickles.

Additional Toppings

Sliced tomato, red onion, or cucumber.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

One slice of sourdough bread is approximately 1 3/4 oz or 50 grams.

Ingredients

3 tbsps Mayonnaise

1 1/2 tbsps Whole Grain Mustard

1 1/2 tbsps Chives (chopped)

10 1/2 ozs Sourdough Bread (toasted)

10 1/2 ozs Sliced Turkey Breast (thick slices)

1 1/2 cups Microgreens

Sea Salt & Black Pepper (to taste)

Lactation Cookies

12 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a small bowl or ramekin add half of the ground flax with the water. Stir and let sit for about five minutes until thickened.
3. To a mixing bowl, add the coconut oil and maple syrup and mix to combine. Stir in the flax mixture and vanilla extract. Add the oats, almond flour, oat flour, cinnamon, baking powder, salt, and the remaining flax. Mix well until everything is fully combined. Fold in the chocolate chips.
4. Form the cookie dough into balls approximately 1.5-inches in diameter then place on the prepared cookie sheet and press into a flat cookie shape approximately three inches in diameter.
5. Bake for 10 to 12 minutes or until the cookies are golden brown on the bottom. Allow the cookies to rest for five minutes on the cookie sheet before transferring to a cooling rack to cool completely. Cookies are best served chilled from the refrigerator or freezer. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or store in the freezer for up to three months.

Serving Size

One serving is equal to one cookie.

More Flavor

Add chopped almonds, walnuts, or pecans.

Ingredients

2 tbsps Ground Flax Seed (divided)
3 tbsps Water
1/4 cup Coconut Oil (softened)
1/4 cup Maple Syrup
1/2 tsp Vanilla Extract
1 1/4 cups Oats (rolled)
1/3 cup Almond Flour
1/4 cup Oat Flour
1/2 tsp Cinnamon
1/4 tsp Baking Powder
1/8 tsp Sea Salt
1/4 cup Dark Chocolate Chips

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 Apple

2 **tbsps** Almond Butter

Slow Cooker Sausage Kale & Bean Soup WTF

10 ingredients · 4 hours · 7 servings



Directions

1. Add all ingredients (except pecorino cheese) to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy! Top with pecorino cheese (optional).

Notes

Leftovers

Refrigerate in an airtight container up to 3 days, or freeze if longer.

Serving Size

One serving is roughly 1 1/2 cups of soup.

No Brown Rice

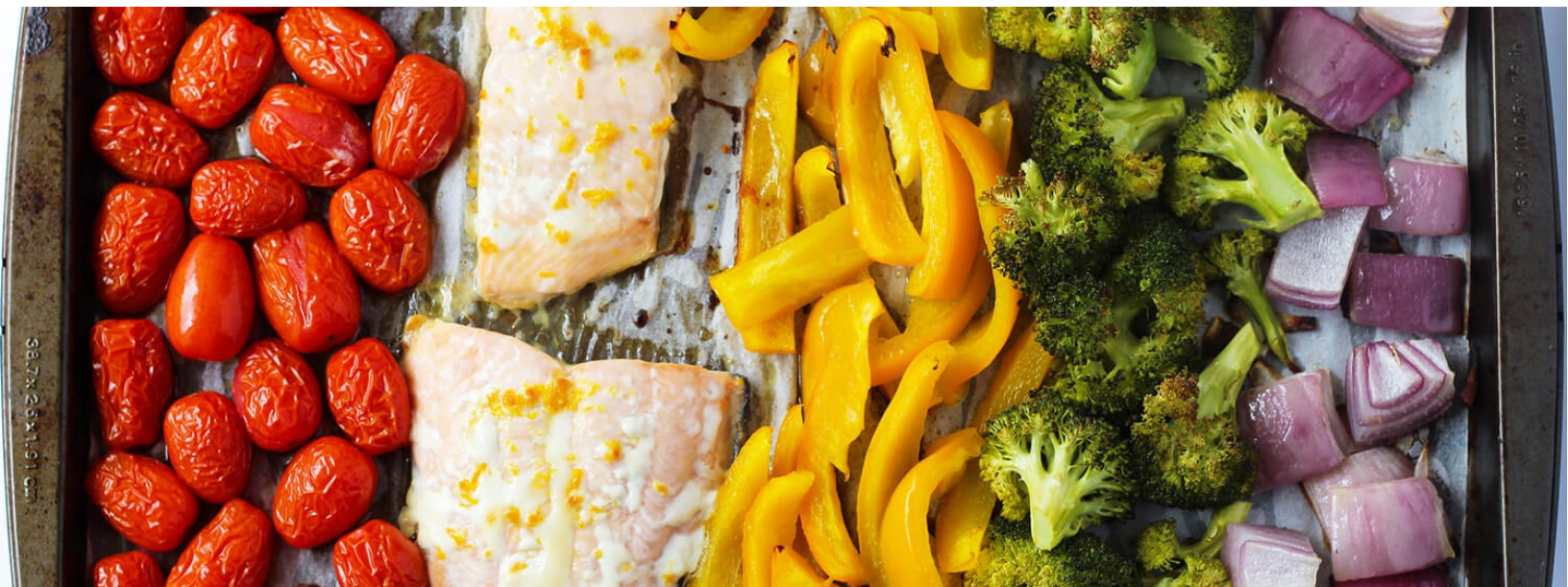
Use quinoa instead.

Ingredients

- 1 1/8 lbs Pork Sausage (cut into chunks)
- 1 1/16 lbs Cannellini Beans (can)
- 1 1/8 Yellow Onion (medium, diced)
- 2 1/3 Carrot (medium, diced)
- 2 1/3 stalks Celery (diced)
- 9 1/3 cups Kale Leaves (chopped)
- 2 1/3 tsps Sea Salt
- 1 cup Brown Rice (dry, uncooked)
- 1 1/8 pints Bone Broth (2 cups)
- 2 1/3 ozs Pecorino Romano Cheese (grated, optional topping)

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 4 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

- 4 cups** Cherry Tomatoes
- 1 1/4 lbs** Salmon Fillet
- 2** Yellow Bell Pepper (sliced)
- 4 cups** Broccoli (chopped into small florets)
- 1 cup** Red Onion (sliced into chunks)
- 1/4 cup** Extra Virgin Olive Oil
- 1 tbsp** Coconut Aminos
- 1** Navel Orange (zested and juiced)
- Sea Salt & Black Pepper (to taste)

Slow Cooker Honey Garlic Chicken

10 ingredients · 4 hours · 4 servings



Directions

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
3. Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
4. Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Thighs

Use chicken wings, drumsticks or breasts.

No Slow Cooker

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs

Serve with rice, potato or quinoa.

Ingredients

3 tbsps Extra Virgin Olive Oil
2 tbsps Raw Honey
3 Garlic (cloves, minced)
1 tbsp Chili Powder
1 tsp Sea Salt
1/2 tsp Black Pepper
2 lbs Chicken Thighs (skinless, boneless)
6 cups Broccoli (chopped into florets)
1 tbsp Coconut Oil (or organic butter)
Sea Salt & Black Pepper (to taste)