



Postpartum

MEALS & SNACKS FOR INTUITIVE EATING

BENEFITS OF INTUITIVE EATING

- Decreased emotional and stress eating
- Feel in control around ALL foods
- Have better self-confidence and improved body image
- Decrease binge/restrict cycle
- Weight maintenance
- No more dieting or calorie counting
- Learn to detect and honor your hunger cues
- Food is no longer a moral issue
- You are able to keep "trigger" foods in your house
- You have more energy



◆ @THE_POSTPARTUM_DIETITIAN

**POSTPARTUM
NUTRITION
RECOVERY
PROGRAM**

5 Easy & Nutritious Postpartum Meals

Egg & Cheese Sandwich

Great for any meal time
Use any bread or bagel you like
Balanced with protein, carbs, and fat
Can use boiled or scrambled eggs
Can top with veggies or have a side of fruit for fiber & color

Tortellini Pasta with Veggies

Buy ready-made tortellini pasta
Balanced with protein, carbs, and fat
Toss in a handful of spinach and some cherry tomatoes for color and fiber to practice gentle nutrition

Protein Oatmeal

Cook your favorite oatmeal (or make overnight oats)
Add 1 scoop of your favorite protein powder
Add a nut butter of your choosing in a portion that feels good for you
Top with some fresh or frozen berries
Balanced with protein, carbs, fat, color, & fiber

Homemade Pizza

Purchase a pizza crust of your choosing (or make your own if you have the time!)
Add your favorite sauce & toppings (mine are pesto, tomatoes, fresh mozzarella, and prosciutto)
Balanced with protein, carbs, and fat
(Bonus points if you throw in side salad for fiber & color)

Sweet Potato & Egg Hash

Julienne 2-3 sweet potatoes and slice an onion; cook down in a cast iron skillet
Brown some chicken sausage & cut into bite size pieces (toss in with the potatoes and onion)
Create small divots in the potatoes (one for each egg you want to cook). Crack one egg into each divot and broil for 3-4 minutes or until eggs are cooked to your likeness
Balanced with protein, fat, carbs, and fiber
Easy weeknight dinner!



5 Easy & Nutritious Postpartum Snacks

String cheese,
crackers, & fruit

Great for grab-and-go
Choose 1-2 pieces of string cheese, an amount of crackers that feels satisfying for you, and a piece of fruit that you keep on hand
Provides protein, fat, carbs, fiber, and color

Nut butter & Fruit

Choose your favorite nut butter (I love peanut butter best)
Choose an apple or banana (yes, you can eat the whole banana!)
Enjoy!
Provides protein, fat, carbs, and fiber

Greek Yogurt with
Granola & Fruit

Choose your favorite Greek yogurt (I recommend a low fat option)
Top with your favorite granola (I love the Trader Joe's Peanut Butter Protein Granola)
Top with fruit you have on hand (berries, banana, etc)
Keeps you full & satisfied
Balanced with protein, carbs, fat, color, & fiber

Popcorn & Cheese

Purchase your favorite popcorn (pre-popped or microwavable)
Add a side of 1-2 pieces of string cheese for a salty, balanced snack
Balanced with protein, carbs, and fat
Popcorn is a whole grain so you get some fiber here too!

Yogurt Toast

Toast your favorite bread or bagel
Top with your favorite Greek yogurt (again, preferably one with fat) & Everything But... Seasoning
Balanced with protein, fat, carbs, and fiber
Enjoy with a side of your favorite fruit for extra fiber & color
Great for a snack or breakfast



Postpartum Nutrition Recovery Program

Are you tired of trying to figure out what to eat every night because it brings you anxiety?

Are you tired of feeling like you constantly have to diet or track calories?

Do you feel like you need to bounce back after having a baby?

Do you want to learn how to fuel your body to give you the energy you need to take care of yourself and your family, but feel confused and overwhelmed?

Do you find yourself binging in the afternoons/ evenings because you are starving?

Are you afraid to eat particular foods because you associate them as being "good/bad"?

If you resonate with any of the above, my **Postpartum Nutrition Recovery Program** is for you!

What's included:

- 3 months 1:1 work with Taylor
- Weekly live coaching calls
- Weekly accountability/check-ins
- Overcome restrictive eating/get anti-diet support
- Private messaging with Taylor
- Accountability with a registered dietitian
- The option to renew

For more information on PNRP or to set up your FREE discovery call with Taylor, fill out the application in the link to get started!

Apply Now



@THE_POSTPARTUM_DIETITIAN