

Example of What I Eat in a Day - 2 Months Postpartum

Breakfast:

Protein Oats:

- 1/2 cup rolled oats (cooked in water)
- Add a splash of nonfat or dairy free milk with 1 scoop unflavored or vanilla protein powder
- 2 tbsp flaxseeds
- Handful of berries
- 1 tbsp almond butter or peanut butter (optional)
- Big scoop of vanilla Greek yogurt
- Dash of cinnamon

Mid-Morning Snack:

- 2 Hard-boiled eggs
- 1/2 avocado
- Sourdough toast with grass-fed butter + sea salt

Lunch:

- 4-5 oz grilled chicken breast or salmon
- 1 cup cooked quinoa or brown rice
- Roasted veggies: zucchini, sweet potato, bell pepper
- Handful of spinach, arugula, or spring mix
- Drizzle of Bolthouse dressing

Afternoon Snack:

- 1 to 1 ratio of zero sugar vanilla Greek yogurt & cottage cheese (about 1 cup)
- Fruit of choice
- Optional: drizzle of honey

OR

- Protein shake + fruit of choice

Dinner: Protein-Packed Stir-Fry:

- 4 oz lean ground turkey (93-99%)
- 1 cup mixed stir-fry veggies (broccoli, carrots, snap peas)
- 1/2 cup rice
- Coconut aminos or low-sodium soy sauce
- Sesame seeds for crunch

Optional Evening Snack (if breastfeeding or still hungry):

Reese's Peanut Butter Balls:

- 1 cup PB2 powder
- 1/2 cup Greek yogurt
- 2 tbsp of water
- * Mix and roll into balls
- * Melt 1/4 cup of Lily's dark chocolate chips with coconut oil
- * Cover the PB balls with the melted chocolate + sea salt
- * Place in the freezer for about 20 mins & enjoy (2)