

# Breastfeeding Meal Plan

	Breakfast	Lunch	Dinner	Snacks
Monday	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Topped w/ blueberries &amp; sliced almonds</li> </ul>	<ul style="list-style-type: none"> <li>Grilled chicken salad w/ mixed greens, avo &amp; vinaigrette</li> </ul>	<ul style="list-style-type: none"> <li>Baked salmon</li> <li>Steamed broccoli</li> <li>Quinoa</li> </ul>	<ul style="list-style-type: none"> <li>Greek yogurt</li> <li>A banana</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Scrambled eggs w/ spinach</li> <li>Whole grain toast</li> </ul>	<ul style="list-style-type: none"> <li>Lentil soup</li> <li>A side of whole wheat pita bread</li> </ul>	<ul style="list-style-type: none"> <li>Stir-fried tofu w/ mixed vegetables</li> <li>Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>Apple slices w/ almond butter</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Smoothie w/ yogurt, mixed berries &amp; a spoonful of chia seeds</li> </ul>	<ul style="list-style-type: none"> <li>Turkey &amp; avocado wrap w/ whole grain tortilla</li> </ul>	<ul style="list-style-type: none"> <li>Baked trout</li> <li>Sweet potato</li> <li>Green beans</li> </ul>	<ul style="list-style-type: none"> <li>A handful of mixed nuts</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Cottage cheese w/ sliced peaches &amp; flaxseeds</li> </ul>	<ul style="list-style-type: none"> <li>Quinoa &amp; black bean salad w/ diced tomatoes &amp; bell peppers</li> </ul>	<ul style="list-style-type: none"> <li>Grilled lean steak</li> <li>Asparagus</li> <li>A side salad</li> </ul>	<ul style="list-style-type: none"> <li>Carrot sticks w/ hummus</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Greek yogurt parfait w/ granola &amp; strawberries</li> </ul>	<ul style="list-style-type: none"> <li>Baked chicken breast</li> <li>Couscous</li> <li>Steamed spinach</li> </ul>	<ul style="list-style-type: none"> <li>Pasta w/ olive oil, garlic &amp; a heap of roasted vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Fresh pineapple chunks</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Eggs poached over sautéed kale</li> <li>Whole grain toast</li> </ul>	<ul style="list-style-type: none"> <li>Grilled salmon over mixed greens</li> <li>Balsamic dressing</li> </ul>	<ul style="list-style-type: none"> <li>Stir-fried chicken w/ broccoli &amp; bell peppers</li> <li>Brown rice</li> </ul>	<ul style="list-style-type: none"> <li>A pear</li> <li>A few whole grain crackers with cheese</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>Omelet w/ mushrooms &amp; onions</li> <li>Slice of whole grain bread</li> </ul>	<ul style="list-style-type: none"> <li>Chickpea salad w/ cucumbers, tomatoes &amp; feta cheese</li> </ul>	<ul style="list-style-type: none"> <li>Baked cod</li> <li>Steamed carrots</li> <li>Barley</li> </ul>	<ul style="list-style-type: none"> <li>Mixed berries</li> <li>A small handful of walnuts</li> </ul>

**zaya**<sup>®</sup>

Consult with your doctor, dietitian, or healthcare provider before making any drastic diet changes.