

Healthy Weight Loss for the Postpartum Mom



Healthy Snacks to Grab and Go

These are all easy to prep ahead of time – think during naps or after bedtime – or can be purchased from a grocery store or its deli. *There's no shame in buying pre-cut fruits and veggies if that's what helps you eat them.*

It's important to get a variety of vitamins and minerals from fresh produce, and plenty of protein and healthy fat to keep you full and making milk. You truly are eating for two.

- **Hardboiled eggs.** BAM. Done.
- **Fresh fruit** (cubed or sliced melon, fruit in hand, grapes – try them frozen!, or an apple or banana with peanut or almond butter)
- **Bean salad** (think kidney beans, chickpeas, and green beans tossed with dressing)
- **Whole grain salad** (I love [quinoa salad](#) and [brown rice salad](#))
- **Whole food protein bars** (Lara Bars are one, or you can [make your own](#))
- **Smoothies** made with fresh or frozen fruit. Throw in protein powder or a handful of leafy greens for a boost. [This blend](#) is great for summer heat, and [this is my very favorite](#).
- **Hummus with vegetable sticks** – carrots, celery, cucumber, bell pepper, snap peas, and even broccoli
- **Greek yogurt with fresh fruit** – sprinkle on chia seeds, a little oatmeal, and a pinch of brewer's yeast for lactation-boosting “muesli.”
- **Cheese and fruit.** I love apples and cheddar myself, or dried apricots with Baby Bel.
- **Roasted chickpeas** are [easy to make at home](#) with your own spice combinations.
- **Guacamole** with veggies
- **Avocado on whole grain toast** – add a sprinkle of sea salt, or chili and lime
- A handful of **nuts or trail mix** to keep you going
- Old school “**ants on a log**” – celery with peanut butter and raisins or almonds
- Low-sodium **beef or turkey jerky**
- **Sliced meat** rolled with avocado, cheese, and mustard
- **Whole-grain tortillas** rolled with hummus and veggies
- “**Protein pancakes**” can be cooked ahead and thrown in your bag for later
 - Mix 4 egg whites, ½ cup of rolled oats, ½ cup of low-fat cottage cheese, ⅓ teaspoon of baking powder, and ½ teaspoon of pure vanilla extract.
 - Cook on a preheated griddle (medium low heat) until mixtures bubbles, flip and cook for another 60 seconds. Top with fresh berries or sliced banana