



Healthy Weight Loss for the Postpartum Mom



Meal Planning Tips and Tricks

To download a printable meal planner

→ [CLICK HERE](#) ←

Planning your meals and prepping ahead may seem time-consuming, but it will actually save you time in the long run. It also takes the pressure off to make decisions when you're tired and hungry.

These are our tips to make it easier:

★ Cook once, eat twice (or 3 times)

A big pan of sautéed veggies can combine with rice, pasta, polenta, tortillas, or a piece of meat or other protein. Add spices or finishing oils later to change the flavor in a few seconds.

Cook (or buy) a whole chicken and use it for a few days, freeze the rest, or make stock. Cook an extra steak and slice it to top a salad or add to stir fry. Make enough for leftovers!

★ Prep ingredients ahead of time

My favorite time to prep is actually in the morning. I cook a big pot of brown rice or quinoa, or cook beans I soaked overnight. I have them on the stove during breakfast, set a timer, and leave them covered with the heat off when they're done. I pack them to refrigerate or freeze during nap time.

You can also batch cook on the weekend, or make your own frozen dinners. Chop all your veggies at once and build a "salad bar" in your fridge.

★ Your crockpot is your friend

Throw ingredients together in the morning or even the night before. Hours later you have a meal ready to go! You can even make steel cut oatmeal or French toast in the crockpot overnight and have breakfast ready in the morning.

★ Pick a flavor profile and be flexible

You don't need to plan a complicated recipe for each meal. It can be as simple as "Monday – pasta, Tuesday – soup and bread, Wednesday – Mexican, Thursday – Asian, Friday – chicken with veggies."

★ Schedule in leftovers and take out/restaurant food

If you want to pick up pizza on Friday, do it! But plan ahead so you don't waste food sitting in your fridge that you were "supposed" to make. It's the meal planning equivalent of putting cookies on the grocery list so you "have" to buy them. It's ok!



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Some of our favorite recipes:

Overnight Oats

Oatmeal is a galactagogue – a food which boosts your milk supply. Save time and energy by making it the night before. It's also perfect for summer when you may not want hot cereal. I use old peanut butter jars or a small Pyrex lidded bowl.

Ingredients:

- ½ cup rolled oats (not instant)
- ½ cup almond milk
- Optional: 1/8 tsp cinnamon, 1 tablespoon raisins or other dried fruit, 1 tablespoon shredded unsweetened coconut, a pinch of brewer's yeast.

Directions:

1. Pour milk over oats (and optional ingredients, if using) in a jar with a lid. Cover and refrigerate overnight.
 2. Serve the next day cold, or let it warm up on the counter for a bit. Top with a spoonful of nut butter, chia or flax seeds, chopped nuts, or a drizzle of maple syrup.
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Harvest Minestrone Soup

AKA "postpartum soup," due to its high nutritional value. Perfect for the postpartum/breastfeeding mother. If making this ahead of time, cook quinoa separately and add in when ready to eat. Easily made vegan by leaving off the cheese.

[CLICK HERE to get the recipe from MindBodyGreen.com](#)

The Nourish Bowl

So many variations can be made of this healthy, satisfying bowl based on what you have on hand at any time. Imagine a hearty, filling, delicious pile of good-for-you foods. That's what it is.

[CLICK HERE to get the recipe from Nutrition Stripped](#)



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Sour Cream and Veggie Baked Pasta

Isn't pasta bad for you? Not whole grain pasta full of veggies, but it doesn't "taste healthy." You can use half white and half wheat and gradually switch to all whole wheat pasta. You could also add carrots or eggplant if you have them handy.

[CLICK HERE to get the recipe from Center Stage Wellness](#)

Cuban Black Bean Stew

Black beans are high in protein and iron which are so important for nursing moms. This simple and delicious meal makes great leftovers.

[CLICK HERE to get the recipe from Center Stage Wellness](#)

Black Bean Burgers

Veggie burgers are nutrient-dense protein patties that you can also freeze and reheat later. Serve on a bun, wrapped in a lettuce leaf, or topped with salsa on a bed of brown rice pilaf or quinoa. Makes 6 burgers.

Ingredients:

- 2 cans black beans (rinsed and drained)
- 2 carrots, grated
- 1/2 cup dry rolled oats
- 1 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1/2 tsp onion/garlic powder
- 1/4 tsp cayenne pepper
- 1 tsp sea salt

Directions:

1. Preheat oven to 300 degrees.
2. Add carrots to food processor and process until coarsely chopped. Add in rolled oats and process again for about 10-15 seconds.
3. Add 3/4 of the beans, all spices, and the olive oil. Pulse it together until well blended.
4. Move mixture into a mixing bowl and mix in the remaining black beans. Form into 6 medium sized patties.
5. Place patties on a non-stick baking sheet or into a baking pan, and bake at 300 degrees for 40 minutes, turning once in the middle.
6. Serve immediately, or throw them on the grill to heat up later. These taste great warm or cold, on their own, or on top of a delicious salad.