



# 7-Day Breastfeeding Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Mixed berry smoothie (strawberries, blueberries, raspberries, yogurt & flaxseeds)	Poached eggs on black mushrooms, served with hollandaise sauce	Smoothie bowl (blended mango, papaya, banana & coconut milk, topped with almond slivers & honey)	Seed, nut & goji berry muesli with low-fat milk	Carrot, cucumber & celery juice + 2 scrambled eggs on rye bread	Whole grain oats with chia seeds & berries	Smoothie (plain yogurt, banana, almonds, dates & water)
Snack 1	Seed crackers with avocado	Glass of milk with cocoa powder & sweetener	Yogurt-coated almonds	Baked beet chips	Date ball rolled in coconut	Handful of cashew nuts	Seed crackers with cottage cheese
Lunch	Whole wheat pasta with shelled prawns, peas, baby tomatoes, chilli & garlic	Steak sandwich (sirloin, greens, tomato & pickles on sourdough bread)	Sardines cooked with peppers & onions, served on rye bread	Stir-fried greens (red cabbage, broccoli, snap peas) with tofu and soya sauce, served with rice noodles	Corn tortilla wrap filled with pulled chicken, black beans, corn, guacamole & sour cream	Bruschetta topped with mozzarella, tomato & basil pesto	Chicken salad with cashews, grapes & croutons
Snack 2	Handful of trail mix	Rye crackers with olive tapenade	Cup of lentil & veg soup	Handful of almonds & raisins	Green smoothie (kale/spinach, cucumber & apple)	Cup of chicken & veg broth	Glass of berry juice
Dinner	Chicken & chickpea curry with brown/wild rice & green salad	Sushi & miso soup	Baked chicken breasts with mushroom sauce, summer squash & Gruyère cheese	Thai fish curry with salmon, mixed veg & coconut green curry sauce, served with cauliflower rice	Whole wheat pasta with shrimp, greens & pesto	Grilled steak with sautéed spinach & baked potato	Lamb stew with tomato, carrots & celery served on mashed potatoes