



# BREASTFEEDING MEAL PLAN

Let your meals work in favour of more milk.

It is essential for every breastfeeding mum to eat the right meals that will nourish her baby/ies and as well help increase her milk supply.

Breastfeeding mothers burn about 200 to 500 calories a day just from breastfeeding. To produce 1 ounce/ 29ml of breastmilk you burn 20cal. So the more milk the more calories you burn, who wouldn't want that.

My low milk supply became a thing of the past when I started eating breastfeeding meals in addition to the milk booster goodies.

So here is my 10 days Breastfeeding Meal Plan. You can move them around to suit you.

Finally, **STAY HYDRATED!**

# MEAL PLAN

## For Breastfeeding Mums

@themilkbooster\_

	BREAKFAST	LUNCH	DINNER	SNACKS
MON	Oatmeal Akara fruits	Moi Moi Vegetables	Fish or meat Peppersoup yam or sweet potatoes	10 almond nuts 1 mango 1 cup paw paw
TUE	Fresh fruits or Smoothie	Sweet potatoes Egg tomato sauce vegetable	Beans with Fish	Handful tigernut carrot cucumber
WED	Omelette 1/2 avocado fruit tomatoes	Roasted/ boiled plantain Green vegetable and tomato fish sauce	Okra soup swallow	paw paw corn coconut
THU	Granola Skimmed/Almo nd Milk Fruits	1 cup rice/ bulgur wheat Fish and vegetable sauce	Chicken Salad Avocado	watermelon carrot 10 groundnut
FRI	2 boiled egg 1 slice wheat bread tomato	Peppered snail/ gizzard Mixed vegetable salad	noodles stirfry Fish vegetable	corn 10 cashew nut 1 apple

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	BREAKFAST	LUNCH	DINNER	SNACKS
MON	1 cup granola yogurt 1 cup fruits	1 cup rice Vegetables 2 tbsp stew 1 chicken	vegetable soup swallow	2 cookies 1 mango
TUE	2 boiled egg 1 slice wheat bread 1 tsp peanut butter tomato and spinach	Beans and fish	Prawns/ Shrimp Salad	3 cookies 1 apple
WED	1 big cup smoothie with smoothie mix	Sweet potatoes Fish sauce Vegetables	Moi Moi	2 cookies 1/2 cup greek yogurt
THU	Pap with smoothie mix fruits	sea food okra with swallow	Grilled/Roasted plantain 1 tbsp pepper sauce dry fish	watermelon carrot 2 cookies
FRI	mixed fruits avocado tomatoes	spaghetti with chicken and vegetable	Peppersoup goat meat swallow	3 cookies 1 apple

Hope this was helpful,

You are doing a great job Mama. Breastfeeding is worth it. Lots of Love.

Dr Chiny.