

Postpartum shopping list

VEGETABLES

For a healthy gut and optimal digestive health

- Cauliflower
- Cucumber
- Herbs, fresh
- Mixed greens
- Red capsicum
- Zucchini

PROTEIN

Helps repair muscles and cells; feel fuller for longer

- Beans, tinned or dried
- Free range eggs
- Mixed nuts
- Nut butters
- Seeds
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WHOLE GRAINS

Fuels your brain and muscles; sustained release of energy

- Brown rice
- Buckwheat noodles
- Oats, rolled
- Quinoa
- Rye
- Wholegrain bread

FRUIT

Provides much-needed vitamins; high in fibre

- Apples
- Bananas
- Berries (fresh or frozen)
- Citrus
- Other seasonal fruit
- Prunes

FATS

Reduce inflammation and support hormonal health

- Avocado
- Butter
- Coconut oil
- Extra-virgin olive oil (cold-pressed)
- Walnut oil (cold-pressed)

FERMENTED FOODS

Source of probiotics; supports growth of healthy gut bacteria

- Kefir
- Kimchi
- Kombucha
- Miso
- Pickled vegetables
- Yoghurt (natural, sugar-free)

OTHERS

- | | | |
|---------------------------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> Almond milk (sugar-free) | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Coconut water | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Dark chocolate | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Ginger | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Goji berries | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Honey | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Nutritional yeast | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Pesto | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Turmeric | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
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HERE WITH YOU