

MEAL PLAN

FOR BREASTFEEDING MOMS

Breakfast

Lunch

Dinner

Sun

Spinach Lactation Muffins from Milk Dust Recipes!

Baked sweet potato with light sour cream + black beans

Rotisserie chicken with cauliflower mash

Mon

Brownie lactation smoothie with Fudge Brownie Milk Dust

Arugula salad with leftover chicken and hard-boiled eggs

Turkey meat spaghetti sauce and zucchini noodles

Tue

Milk Dust Blueberry Muffin lactation smoothie

Salad with hummus and sliced deli turkey

Turkey burger wrapped in lettuce with tomato

Wed

Oreo lactation shake with Fudge Brownie Milk Dust

Quinoa mixed with black beans over lettuce

Taco salad with ground turkey, lettuce, black beans

Thu

Snickers lactation shake with Fudge Brownie Milk Dust

Sweet potato toast with egg + avocado

Salad with steamed broccoli and ground turkey

Fri

Milk Dust Apple Pie Overnight Lactation Oats

Grilled salmon cauliflower rice

Scrambled eggs, turkey bacon + avocado