



POSTPARTUM PROVISIONS

BY: BOWYN BAIRD RD, LD

straightforward steps to help
you plan for postpartum
nourishment

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Recipes

Some of the recipes included in the book are from external sources and not authored by me.

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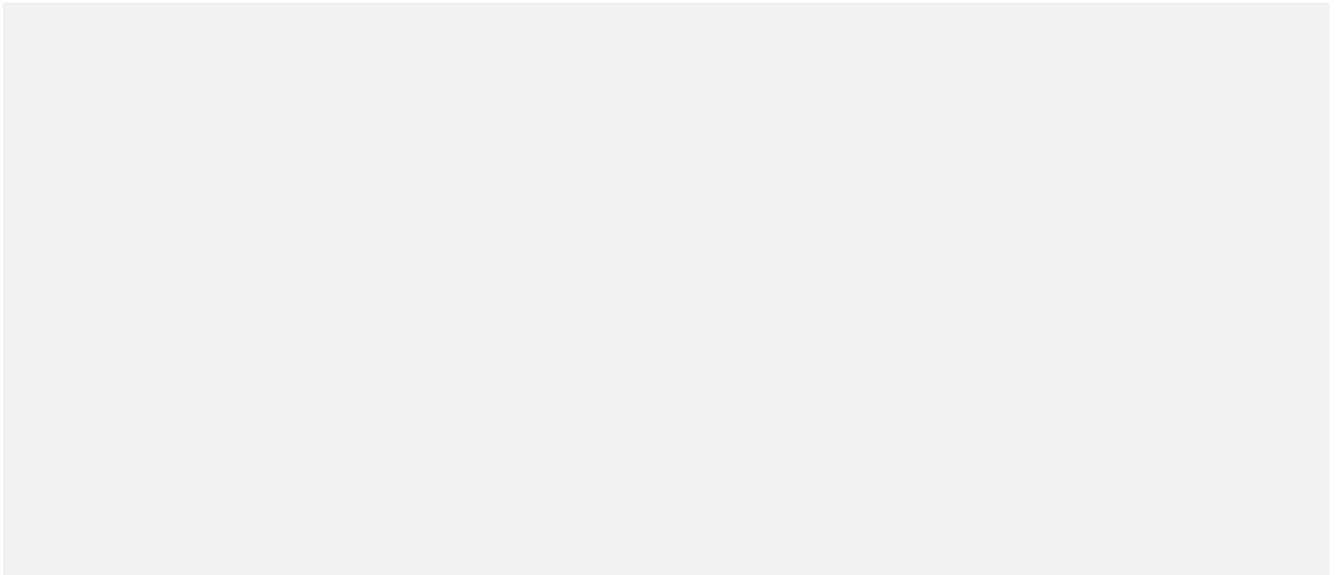


POSTPARTUM NUTRITION GOALS: *the first 6 months*

REALISTIC GOALS:

1. Balanced blood sugar - achieved through balanced meals
2. *Nourishment* - postpartum is a time to focus on *nourishment*
3. Nutrient-dense foods - 6 nutrients to focus on
4. Herbal support - layer in relaxing and adaptogenic herbal tea, as appropriate
5. Lower stress - think of ways you can keep your stress low postpartum
6. Take supplements daily - set a reminder on your phone if you need to
7. Honor + listen to your body - do what feels right for you

WRITE YOUR PERSONAL POSTPARTUM GOALS (OR WISHES) HERE:



"COME BACK" SLOWLY

In the immediate 6 weeks following delivery, I highly encourage you to rest and eat meals regularly, in bed if possible. I recommend lots of nourishing meals and aligning your thoughts with the collage below describing postpartum nourishment during the "subacute postpartum period". It is not a time to try to lose weight, do heavy exercise, or put pressure on yourself to bounce back. It is a time to let your body heal physically and mentally.

My body took longer than I imagined to feel back to "normal". I, personally, did not feel ready to do moderate exercise, other than light walking and breathing exercises, until 6 months postpartum. I was "cleared" much earlier but I could tell my body felt otherwise.

I share this to encourage you to set realistic expectations for recovery. Everyone's recovery timeline is a little different, so take it slow. Seek guidance from your providers and other professionals if you need to. A pelvic floor therapist can be very helpful postpartum to help guide you back into exercise. My regret is not seeing one *after* I had my first baby. I saw one *during* both pregnancies to prepare for birth, but not after.

This guide focuses on the immediate nourishment required postpartum and towards 6 months post-delivery. This guide helps you get ready for the immediate nourishment required. Even though the meal plan only lasts 2 weeks, postpartum recovery goes on much longer. The tools in this book will help you to make nutrient-dense meals a part of your lifestyle as you transition into your role as mother.



Electrolytes

meals in bed

herbal teas

LOTS OF BUTTER

BONE BROTH

snacks at all hours

comfort foods

warming foods

listening to your body

taking it slow

NOSE TO TAIL FOODS

asking your friends and family for help

MINERALS

lemon balm + chamomile

loving your body, all of it, for its amazing work

MAKE PROTEIN A PRIORITY

Current research suggests that exclusively breastfeeding women (0-6 months postpartum) need more protein than what is currently recommended by the Dietary Guidelines for Americans (2). Protein should be a priority when balancing meals. Keeping your protein intake up will help with energy levels and general well-being postpartum.

Here's how to determine how much protein you should be aiming for:

1. Take your weight in pounds and divide it by 2.2. This will give you your weight in kg.
2. Take your weight in kg and multiply by 1.7 and 1.9. This is the range of protein you should be aiming for on a *daily* basis (0-6 months postpartum, if breastfeeding exclusively.) (2).

Example:

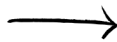
$$130\text{lbs} / 2.2 = 59\text{kg}$$

$$59\text{kg} \times 1.7 = 100 - 112 \text{ grams of protein per day}$$

If you are not breastfeeding, you should aim for around 1.0 - 1.5 grams per kilogram of protein per day. This is a general estimate, you could need more or less depending on other lifestyle factors (2).

BARRIERS TO PROTEIN INTAKE:

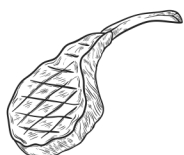
- Protein can be more time-consuming and difficult to prepare quickly
- High-quality protein sources (animal protein) are more expensive
- The palatability of ready to eat protein sources can sometimes be poor



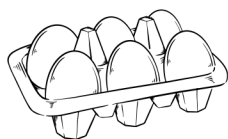
SOLUTIONS:

- Seek out ready-to-eat protein sources that you enjoy.
- Bulk buying can help save money on food costs.
- Invest in your health postpartum by bulk-prepping protein or asking for help with protein sources.

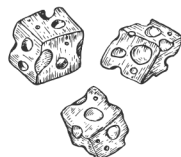
WHAT DOES 100 GRAMS OF PROTEIN LOOK LIKE?



3oz of meat =
21g protein



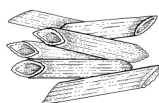
3 eggs or
21g protein



3oz of cheese or
21g protein



2 scoops of collagen=
20g protein



2oz lentil pasta=
14g protein



2oz walnuts=
8g protein

This visual gives you an idea of what prioritizing high-protein sources of food looks like on a daily basis.

You do also get small amounts of protein from carbohydrate-containing foods such as grains or legumes.

2 WEEK MEAL PLAN + GROCERY LISTS

Building meal plans for people you haven't met is a challenging feat for a dietitian. I always want the meal plan to be realistic, tasty, and create no waste. For the 2-week postpartum meal plan, I focused on freezer meals with minimal to no outside preparation. This means there is very little you need to do other than reheat the meals. I have some additional ideas that could be helpful to you beyond the first two weeks. These suggestions include making and freezing meals or preparing easy dishes with convenience foods.

The meal plans intentionally exclude "fresh foods" for a few reasons, one of which is to make the first few weeks after childbirth easier. The stress of incorporating "fresh foods" does not outweigh the benefit for a few weeks while you adjust your life. Frozen, canned, dried, and fermented vegetables and fruits are great ways to incorporate similar nutrients you find in fresh foods. The further away you get from birth, the easier it will be to start worrying about things like fresh fruits and vegetables. The guide has prepared you to keep your nourishment up while you incorporate these items slowly back over time.

One more reason for the lack of fresh foods is that this meal plan prioritizes warm, cooked, and nourishing foods that are easy for the body to digest. Salad does not fall under this category. However, these types of foods can gradually be incorporated into the diet over time.

WHAT ARE MY PORTIONS?

- Don't fret over this in the early weeks - listen to your body
- Get enough protein at meal times

HOW THE MEAL PLAN SECTION WORKS:

- Two weeks of complete meal planning
- Meal ideas that require various levels of preparation
- Templates to help you plan out meals

WHERE DO I GET RECIPES?

There are hundreds (no thousands...millions) of recipes online. I have linked many recipes directly in this guide, simply click the link to get to the recipe. Some are my own recipes and some are from other creators. You can also go to my Pinterest page where I have all the recipes pinned on the "postpartum" board.

important notes regarding meal plan :

RECIPE CHECKLIST

In parenthesis behind each recipe indicates if you need to just make one batch of the recipe or double it. Grocery lists will have corresponding amounts needed per this chart. Follow the portion sizes determined on recipes unless otherwise stated. For example: for the beef and vegetable chili, I suggest eating larger servings than is calculated on the author's recipe page. The portions are guidelines for planning purposes. Adjust portions if your body is telling you it is too little or too much.

Recipe links are embedded on the recipe checklist page. They are also pinned on the postpartum meal plan Pinterest board. Some of these recipes are my own and others are from various sources.

Use the checkboxes to the left to help you keep track of what you have prepared.

ADJUSTING FOR FAMILY

The meal plan and corresponding recipes are planned out for ONE person, the postpartum mama. If you have a spouse or other family members, adjust accordingly by making double or triple batches. The chart should help you roughly plan this out.

There will be leftover servings as indicated on the chart. You can use these in the following weeks or on weekends.

If you have a large family you are also cooking for, you may choose to just cook these in large batches that you can defrost for everyone. Otherwise, you can freeze in individual portions OR look at the week 1/week 2 charts and determine how many servings you can freeze together for the week.

GROCERY LISTS

Grocery lists are organized on the following pages. I have broken them down into three different lists:

- per recipe (on meal plan)
- things to buy about one month out
- fresh items to get week of (optional)



CONCLUSION:

I wish you the best in your journey to becoming a mama. While it is the birthday of a new child or children, it is also your birthday to become a mother. It will change you in ways you never imagined.

Cherish all the moments -the good and the hard- because you will only have them once. Ask for help when you need it and lean on those you trust. Do not be afraid to seek help.

May your postpartum be restful and full of blessings.



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