



POSTPARTUM



FOOD CHART



**PROTEIN** (1 SERVING OF PROTEIN = 7 GRAMS PROTEIN)  
 \*USE SERVING SIZE IN GRAMS OR THE PALM SERVING METHOD IN THE TABLE BELOW

FOOD	NOTES
BONELESS, SKINLESS, CHICKEN THIGH	
CHICKEN BREAST	
COLLAGEN PROTEIN POWDER (BUBS, VITAL PROTEIN, ETC.)	LIMIT 1 SCOOP PER DAY
DUCK	
EGG	
EGG WHITES	
FISH/SEAFOOD	
GROUND MEAT (ANY KIND)	
LAMB	
PLAIN, FULL FAT GREEK YOGURT (G)	
PORK TENDERLOIN	
PROTEIN POWDER (WHEY, VEGAN/ VEGETARIAN) (G)	USE FOR POST-WORKOUT OR IN CASE OF A "MOMERGENCY"
STEAK (ANY CUT)	
TURKEY BACON	UNFAVORABLE CONSUME LESS THAN 20%
TURKEY BREAST	
VENISON	
YOGURT (PLAIN) (G)	UNFAVORABLE CONSUME LESS THAN 20%
BARS (RX OR PERFECT)	USE IN CASE OF A "MOMERGENCY"

VEGGIES \*USE SERVING IN GRAMS BELOW OR 1 CUP

FOOD
ASPARAGUS
BELL PEPPERS (G)
BROCCOLI (G)
BRUSSELS SPROUTS (G)
CAULIFLOWER (G)
CELERY
CUCUMBER
GREEN BEANS
LEAFY GREENS (G)
ONION (G)
RADISH
TOMATOES*
YELLOW SQUASH
ZUCCHINI

\*CANNED IS OK AS LONG AS THERE ARE NO ADDITIVES.

\*(G) INDICATES VEGETABLES WHICH MAY CAUSE GASSINESS FOR BABY WHEN BREASTFEEDING.

\*ANY RAW VEGETABLES ARE ALLOWED, EVEN IF THEY ARE NOT INCLUDED IN THIS CHART. IF YOU WANT A VEGETABLE WHICH IS NOT ON THE CHART, SEARCH FOR HOW MANY CARBS THERE ARE IN IT AND AIM FOR 3.5 GRAMS OF CARB PER SERVING.

"MOMERGENCY" FOODS = FOODS WHICH ARE NOT INCLUDED IN THE STANDARD FOOD CHART, HOWEVER CAN BE USED IN INSTANCES WHEN A MAMA NEEDS TO GET A MEAL IN AND THIS IS BETTER THAN EITHER NOTHING OR JUNK FOOD.



**CARBOHYDRATES** (1 SERVING OF CARB = 20 GRAMS OF CARB)

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FOOD	NOTES
ACORN SQUASH (V)	
APPLE	
BANANA	
BEANS - ANY (G)	
BEETS (V)	
BLACKBERRIES	
BLUEBERRIES	
BUTTERNUT SQUASH (V)	
CANTALOUPE	
CARROTS (V)	
CHERRIES	
CLEMENTINE ORANGES	
COCONUT WATER	ONLY FOR POST WORKOUT
CORN	
DELICATA SQUASH (V)	
DRIED FRUIT	USE IN CASE OF A "MOMERGENCY"
GRAPES	
KIWI	
LENTILS	
MANGOES	
OATMEAL	FOR STEEL CUT OATS, CONSUME 15G/45G PER SERVING

FOOD	NOTES
ORANGE	
PEACH	
PEAR	
PEAS (V)	
PINEAPPLE	
PLUM	
PROGENEX BUILD	ONLY FOR POST-WORKOUT
PUMPKIN (V)	
QUINOA	
RASPBERRIES	
RICE (ANY)	
RICE CAKE	UNFAVORABLE CONSUME LESS THAN 20%
RICE NOODLES	UNFAVOURABLE CONSUME LESS THAN 20%
SPAGHETTI SQUASH (V)	
STRAWBERRIES	
SNAP PEAS (V)	
SWEET POTATO	
POTATO	
TORTILLA CORN	UNFAVORABLE CONSUME LESS THAN 20%
TORTILLA WHOLE WHEAT	UNFAVORABLE CONSUME LESS THAN 20%
WATERMELON	
WHOLE GRAIN / MULTI GRAIN / EZEKIEL / GLUTEN FREE BREAD	

\*ANY RAW, UNSWEETENED FRUITS ARE ALLOWED, EVEN IF THEY ARE NOT INCLUDED IN THIS CHART. IF YOU WANT A FRUIT WHICH IS NOT ON THE CHART, SEARCH FOR HOW MANY CARBS THERE ARE IN IT AND AIM FOR 20 GRAMS OF CARB PER SERVING.

\*(V) VEGGIE NOTE: THESE VEGETABLES CARRY A HIGHER AMOUNT OF CARBOHYDRATES. IF YOU WOULD LIKE TO COUNT THEM AS YOUR VEGETABLE SERVING YOU MULTIPLY THE SERVING BY 20% OR CONSUME A 1/2 CUP.

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**FAT** (1 SERVING OF FAT = 15 GRAMS OF FAT)  
 \*USE SERVING SIZE IN GRAMS OR THE PALM SERVING METHOD IN THE TABLE BELOW

FOOD	NOTES
AVOCADO	
AVOCADO OIL	
BACON	UNFAVORABLE, CONSUME LESS THAN 20%
BUBS MCT OIL POWDER	
COCONUT MILK	
COCONUT OIL	
GHEE	
HALF & HALF	UNFAVORABLE, CONSUME LESS THAN 20%
HEAVY CREAM	UNFAVORABLE, CONSUME LESS THAN 20%
HUMMUS	UNFAVORABLE, CONSUME LESS THAN 20%
NUT OR SEED BUTTER	
OLIVE OIL	
OLIVES	
RAW ALMONDS, CASHEWS, WALNUTS OR ANY NUTS OR SEEDS	
SESAME OIL	

\*ANY RAW, UNSWEETENED FRUITS ARE ALLOWED, EVEN IF THEY ARE NOT INCLUDED IN THIS CHART. IF YOU WANT A FRUIT WHICH IS NOT ON THE CHART, SEARCH FOR HOW MANY CARBS THERE ARE IN IT AND AIM FOR 20 GRAMS OF CARB PER SERVING.

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### APPROVED SAUCES /SEASONING

BROTH
HOT SAUCE
LEMONS/LIMES
MUSTARD
COCONUT AMINOS
SALSA - NO ADDED SUGAR
VINEGAR ANY (NOT WINE)
ANY/ALL SPICES AND SEASONING ARE ALLOWED. INCLUDING GARLIC, CHILI PEPPERS, ETC. AIM FOR LOW SODIUM.

### VEGETARIAN / VEGAN PROTEIN OPTIONS

#### FOOD

BEAN, ANY TYPE
CHICKPEAS
HEMP SEEDS
LENTILS
LOW FAT TOFU
NUTRITIONAL YEAST
SEITAN
SOY BEANS
TEMPEH
TOFU

### APPROVED BEVERAGES

UNSWEETENED NUT MILK - LIMIT TO .25 CUP PER DAY
COFFEE
LA CROIX OR UNSWEETENED SPARKLING WATER
TEA, GREEN TEA - NO ADDITIVES OR SUGAR
WATER

### SUPPLY ENHANCERS

FENNEL
BREWERS YEAST
CHIA SEEDS
SESAME SEEDS OR SEEDS
FLAXSEEDS
MOTHERS MILK TEA



FOOD	SIZE
PROTEIN	PALM
CARB	CUPPED HANDFUL
FAT	THUMB
VEGGIES	FIST

TO KEEP THINGS SIMPLE, IF YOU PREFER TO FOLLOW THE PALM SERVING METHOD INSTEAD OF WEIGHING AND MEASURING FOODS, YOU MAY FOLLOW THE GUIDANCE IN THE TABLE BELOW.



