

I'm not robot!

WEEKLY MEAL PLANNER: 8/4-8/10						Gluten-Free*	
	Monday (4)	Tuesday (5)	Wednesday (6)	Thursday (7)	Friday (8)	Saturday (9)	Sunday (10)
Workout	PIYO SCULPT + RUN	PUMP CHALLENGE	PIYO CORE + RUN	PUMP AND BURN	RUN	PUMP CHALLENGE	REST
Breakfast	Greek Yogurt + Blueberries + GF Granola	Shakeology + Fruit	Greek Yogurt + Blueberries + GF Granola	Shakeology + Fruit	Greek Yogurt + Blueberries + GF Granola	Shakeology + Fruit	Greek Yogurt + Blueberries + GF Granola
Snack	Shakeology + Fruit	Greek Yogurt + Blueberries + Sliced Almonds	Shakeology + Fruit	Greek yogurt + blueberries + sliced almonds	Shakeology + Fruit	Greek Yogurt + Blueberries + Sliced Almonds	Shakeology + Fruit
Lunch	Turkey Burger + Veggies & Fruit	Dinner Leftovers	Dinner Leftovers	Dinner Leftovers	Dinner Leftovers	Vanilla Protein Shake w/ Fruit + Almonds	Dinner Leftovers
Snack	Carrots + Hummus	Carrots + Hummus (or vanilla protein shake)	Carrots + Hummus	Carrots + Hummus (or vanilla protein shake)	Carrots + Hummus	Carrots + Hummus (or vanilla protein shake)	Carrots + Hummus
Dinner	Salsa Chicken	Turkey Meatballs	Souvlaki Grilled Chicken	Grilled Burgers	Tilapia Chicken Fajitas	Chicken Parmesan	Crockpot BBQ Chicken Sandwiches

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What Should I Eat? MyPyramid Plan for Moms

When you are breastfeeding, you have special nutritional needs. Follow the MyPyramid Plan for Moms below to help you and your baby stay healthy.

- Eat these amounts from each food group daily.
- The calories and amounts of food you need differ if you are only breastfeeding or breastfeeding and giving formula.
- Choose the Plan that is right for you.
- In each food group, choose foods and beverages that are low in “extras.”

Food Group	Breastfeeding only	Breastfeeding plus formula	What counts as 1 cup or 1 ounce?	Remember to...
	Eat this amount from each group daily.*			
Fruits	2 cups	2 cups	1 cup fruit or juice ½ cup dried fruit	Focus on fruits— Eat a variety of fruits.
Vegetables	3 cups	3 cups	1 cup raw or cooked vegetables or juice 2 cups raw leafy vegetables	Vary your veggies— Eat more dark-green and orange vegetables and cooked dry beans.
Grains	8 ounces	7 ounces	1 slice bread 1 ounce ready-to-eat cereal ½ cup cooked pasta, rice, or cereal	Make half your grains whole—Choose whole instead of refined grains.
Meat & Beans	6½ ounces	6 ounces	1 ounce lean meat, poultry, or fish ¼ cup cooked dry beans ½ ounce nuts or 1 egg 1 tablespoon peanut butter	Go lean with protein— Choose low-fat or lean meats and poultry.
Milk	3 cups	3 cups	1 cup milk 8 ounces yogurt 1½ ounces cheese 2 ounces processed cheese	Get your calcium-rich foods—Go low-fat or fat-free when you choose milk, yogurt, and cheese.

*These amounts are for an average breastfeeding woman. You may need more or less than the average. Check with your doctor to make sure you are losing the weight you gained during pregnancy.

WW Meal Plan Breastfeeding Mums myWW+ Green						
	Breakfast	Snack 1	Lunch	Snack 2	Dinner	Snack 3*
Day 1	Carrot cake overnight oats with 200g low-fat natural yoghurt	2 tbs hummus with 10 plain rice crackers, ¼ carrot and 1 celery stick	Chicken, avocado, tomato and cheese melts and 1 piece of fresh fruit	Banana and choc-chip muffins	Red curry fish with noodles and 1 piece of fresh fruit	4 tbs mixed nuts
Day 2	1 x Smashed avocado on toast with 2 tbs ricotta cheese and ¼ sliced tomato	Berry and apple smoothie	Turkey, apple and smoked cheddar wrap	200g low-fat natural yoghurt with 1 piece of fresh fruit and 2 x Seed and nut sprinkle	Mustard steak and 3 veg	4 fresh dates with 2 tbs peanut butter
Day 3	Scrambled egg with cheese	1 sliced apple with 2 tbs peanut butter	Levni and salmon salad	1 can of tuna (in vegetable oil, drained) with 2 wholemeal crackers	Easy fried rice	3 tbs hummus with 10 plain rice crackers, ¼ carrot and 2 tbs mixed nuts
Day 4	Date and banana porridge and 1 tbs peanut butter	4 wholemeal crackers with 30g cheddar cheese and ¼ sliced tomato	Easy Minestrone soup with 2 pieces of wholegrain bread	Leftover Banana and choc-chip muffins	Easy pasta bake with a ZeroPoint salad of your choice and 1 piece of fresh fruit	1 boiled egg with 1 piece of wholegrain toast, ¼ avocado and 1 x leftover Seed and nut sprinkle
Day 5	2 x Smashed avocado on toast with 2 tbs ricotta cheese and ¼ sliced tomato	1 sliced banana with 3 tbs peanut butter	Leftover Easy pasta bake	Leftover Easy Minestrone soup	Chicken schnitzel	4 wholemeal crackers with 30g cheddar cheese and ¼ sliced tomato
Day 6	3-ingredient banana pancakes with 1 tsp honey and 100g low-fat natural yoghurt	4 tbs hummus with ¼ carrot and 1 celery stick	Rare roast beef sandwiches with pecan romesco	2 fresh dates with 1 tbs peanut butter	Pork chow mein	200g low-fat natural yoghurt with 1 piece of fresh fruit and 3 x leftover Seed and nut sprinkle
Day 7	Scrambled egg with cheese	Berry and apple smoothie with 1 tbs mixed nuts	Haloumi, brown rice and spinach salad and 1 piece of fresh fruit	Leftover Banana and choc-chip muffins	Roast chicken and mustard yoghurt sauce	1 can of tuna (in vegetable oil, drained) with 2 wholemeal crackers

*Exclusively breastfeeding mums only.

To find all recipes simply search the title in your WW app



 			
 	 	 	
 	 	 	
 	 	 	
 	 	 	
 	 	 	
 	 	 	
 	 	 	
 	 	 	

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Tired of avoiding sushi, deli sandwiches and cheese plates? Then you'll be happy to hear that you'll have more menu choices while breastfeeding than you did during pregnancy. That said, you'll still be aiming for plenty of nutrient-dense foods and steering clear of less healthy ones. The good news: Lots of your favorites are back on the menu.How many calories do you need when you're breastfeeding?Your body generally burns around 300 to 500 extra calories a day while you're breastfeeding depending on whether you're nursing exclusively or not. If you are, it's typically up to 450 to 500.So while you don't need to be hyper-vigilant about counting calories and consuming more, definitely keep your extra nutritional needs while nursing in mind. If you stayed within your doctor's recommended weight gain during pregnancy, you shouldn't have to take in any more or less than that, but check with your practitioner if you're not sure.What to eat when you're breastfeedingThe basic fat-protein-carb combo of human milk isn't directly dependent on what foods and drinks you put into your body. Even women who aren't well-fed can feed their babies well since the body will tap into its own nutrient stores to fuel milk production. Just because you can make milk on a less-than-adequate diet doesn't mean you should. The goal when you're nursing should never be to deplete your body's store of nutrients. That's too risky for your short- and long-term health, and it will short-change you on much-needed energy as well as potentially interfere with your milk supply.Eating well when you're nursing means getting a variety of nutritious foods. And since a varied diet changes the taste and smell of your milk, it will expose your baby to many different flavors too (so the carrots or salsa you're eating today may have your baby reaching for those foods in the future).Here's what to aim to consume each day to ensure you're getting what you need:Protein-filled foods. Aim for a minimum of three servings daily, which can include eggs, yogurt, nut butter, cheese, meat, lentils, beans, tofu, etc.Whole grains. You'll want three or more servings of fiber-filled complex carbohydrates like oatmeal, brown rice and barley per day to keep you energized.Vegetables and fruits. Load up on four to five servings daily, especially those leafy green and yellow veggies. High-fat foods. You should aim to eat as much as you did during pregnancy. Avocados, low-mercury fish, nuts and seeds contain good-for-you fats and belong in your diet. You'll also need to keep particular nutrients in mind, including:Calcium. You need between 1,000 and 1,500 mg — and getting enough is especially important since breastfeeding draws from your calcium reserves. Good sources include cheese, yogurt and milk as well as collard greens, sardines, tofu and chia seeds.Iron. Try to get in one or more servings of an iron-rich food each day, like beef, chicken, eggs, beans or fortified cereal.Vitamin C. Fruits and veggies like bell peppers, citrus, broccoli and berries come loaded with this important antioxidant.Omega-3s. Plan on eating two to three servings of foods with omega-3 fatty acids a week to promote baby's brain growth. That's at least 8 ounces a week of low-mercury fish like wild salmon and sardines; you can also get omega-3s in DHA-enriched eggs.Choline. Your daily needs actually increase post-pregnancy from 450 to 550 mg. Getting this critical nutrient while breastfeeding supports your little one's cognitive functioning. And even now that baby's here, continue taking your prenatal vitamin daily while breastfeeding to cover your bases.How much water to drinkAim to drink more water than usual a day, so at least 8 cups along with fluids from fruits, vegetables and other sources. Especially in the weeks after birth, it will help your body recover. To ensure you're getting enough, a good rule of thumb is to drink a cup of water at every nursing session. In all, you'll need about 128 ounces of fluids a day from all sources (so don't worry, you don't have to down 16 glasses of water daily while you're breastfeeding). Your exact needs will depend on different factors like how often you're breastfeeding, your activity levels and even the weather. Keep in mind that your milk supply won't be affected unless you're seriously dehydrated, but your urine will become darker and scantier. Not drinking enough can also set you up for health issues including urinary tract infections (UTIs), constipation and fatigue. So just be sure to drink whenever you're thirsty, which will likely be often when you're breastfeeding!Foods to avoid while breastfeedingWhen you're breastfeeding, there's a lot more that's on the menu than off — with a few caveats. Here are the drinks and foods to avoid while you're breastfeeding:Excessive caffeine. One or two cups of coffee or tea a day, amounting to 300 milligrams or less, are safe while you're breastfeeding (and during those early, sleep-deprived months, that might be just what you need to keep going). More than that, however, may lead to you and your baby feeling jittery, irritable and sleepless. Other sources of caffeine include tea, soda and chocolate.High-mercury fish. The same EPA guidelines on fish safety that apply to pregnant women also apply to breastfeeding women: Avoid high-mercury fish including shark, orange roughly, swordfish, marlin, big eye tuna, tilefish (Gulf of Mexico) and King mackerel. Limit tuna to 8 to 12 ounces a week of canned light tuna or no more than 4 ounces a week of white albacore tuna. Some herbal supplements. Few studies have been done on the safety of herbal supplements, so little is known about how they affect a nursing baby. Plus, the Food and Drug Administration (FDA) doesn't evaluate them for safety or efficacy. To stay safe, ask your doctor before taking any herbal remedy, and think twice before drinking herbal tea or breastfeeding brews. For now, stick to reliable brands in varieties that are considered safe during lactation (orange spice, peppermint, raspberry, red bush, chamomile and rosehip). Read labels carefully to check for the exclusion of other herbs.What foods that you avoided during pregnancy are okay to eat again while breastfeeding?Raw fish (including sushi and oysters), unpasteurized soft cheeses, cold cuts that are actually cold and pink (or even red) meat are all back on the menu now that you're no longer pregnant, and aren't on the "foods to avoid while breastfeeding" list. You can also have the occasional alcoholic drink.Alcohol and breastfeedingLooking forward to pouring an occasional glass of wine at the end of a long day? Although some alcohol does find its way into your breast milk, it's considerably less than what you drink. Wine, beer and hard liquor can be safe to drink while you're nursing (in moderation, of course). A few tips:Nurse first, drink later. Aim to sip right after you've nursed rather than before, if possible. You want to wait two hours after having one drink to allow the alcohol time to metabolize. ("Pumping and dumping" doesn't speed up the process, so it's not necessary.) Aim to limit yourself to a few drinks a week at most. Moderation is key. Heavy drinking may cause drowsiness, weakness and excessive weight gain in infants, can change the taste of your milk and decrease how much baby nurses, can impair your own functioning so you are less able to care for your baby, and can weaken your let-down reflex.Test yourself. Not sure whether your milk is alcohol-free at the moment? Test it using Milkscreen test strips. If it comes back positive, raid your freezer for some stored breast milk instead.What to watch your baby for while you're breastfeedingWhile most babies drink up breast milk no matter the flavor, a few have picky palates right from the start — detecting and rejecting even the smallest hint of garlic or strong spices. You'll quickly tell which category fits your baby and modify your diet accordingly.It's not common and hasn't been backed up yet by science, but some moms find certain foods cause gassiness and discomfort in their babies, with dairy and soy being the most common culprits. Some moms find that cutting out caffeine can also help reduce baby's discomfort. Keep in mind that these reactions are uncommon, so don't assume that your baby will be sensitive to what you eat. Other factors (like feeding position) can contribute to gas. It's most likely just newborn business as usual. It takes between two and six hours from the time you eat a certain food until it affects the taste and aroma of your breast milk. So if your baby is gassy, spits up more, rejects the breast or is fussy a few hours after you eat a specific food, try ruling out other causes and then monitor for a pattern before you eliminate any foods.Allergies in breastfed babiesVery few babies (2 to 3 in 100) are actually allergic to foods in their moms' diets. The most common offender is cow's milk, followed by soy, peanuts, eggs, wheat and other nuts. In addition to extreme fussiness and crying, babies who have a real food allergy will display other symptoms, including:Occasional-to-frequent vomitingLoose, watery (or mucousy) stools, possibly tinged with bloodLack of weight gainEczema, hives, wheezing and/or nasal discharge or stuffinessIf you think your child might have a food allergy, and especially if you have a family history of allergies, talk to your doctor immediately because some allergies can be very serious. Depending on the severity of the reaction, he or she will likely recommend eliminating a potential problem food for two to three weeks to check if it's truly the culprit.What to Expect the First Year, 3rd edition, Heidi Murkoff.WhatToExpect.com, Breastfeeding: Basics and Tips for Nursing Your Baby, January 2022.WhatToExpect.com, Benefits of Breastfeeding for Mom and Baby, July 2020.WhatToExpect.com, How Much Weight You Should Gain During Pregnancy, October 2020.WhatToExpect.com, Pump and Dump: What It Is and When You Should Do It, March 2022.WhatToExpect.com, 19 Best Foods to Eat During Pregnancy, May 2020.American Academy of Pediatrics,Alcohol and Breastmilk, July 2020.American Academy of Pediatrics, Benefits of Breastfeeding for Mom, July 2016.American Academy of Pediatrics, How a Healthy Diet Helps You Breastfeed, November 2009.American Academy of Pediatrics, Infant Allergies and Food Sensitivities, November 2009.American College of Obstetricians and Gynecologists, Breastfeeding Your Baby, May 2021.Centers for Disease Control and Prevention, Maternal Diet, September 2021.Food and Drug Administration, Advice About Eating Fish, February 2022.Mayo Clinic, Breastfeeding Nutrition: Tips for Moms, February 2022.National Institutes of Health, National Library of Medicine, Early-Life Exposure to Non-Nutritive Sweeteners and the Developmental Origins of Childhood Obesity: Global Evidence from Human and Rodent Studies, February 2018.U.S. Department of Health and Human Services, Eunice Kennedy Shriver National Institute of Child Health and Human Development, When Breastfeeding, How Many Calories Should Moms and Babies Consume?, January 2017.Was this article helpful?Thanks for your feedback! 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