

# Meal Plan for Nursing Mamas – Shopping List

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Take a look at the meal plan. You can do repeats of the same couple of menus for a week, then switch it up, so decide on 2, then make your list based off of the full list below:

## **Red (Proteins):**

- protein powder (chocolate, strawberry, or vanilla.. My favorite is Shakeology, but I'll tell you more about why I love it later)
- Greek Yogurt (1% or less)
- Eggs
- Boneless Skinless chicken or turkey breast
- Lean ground turkey
- canned tuna
- cottage cheese (2% or less)
- Ricotta cheese (light)
- Ham and turkey slices (low-sodium, fat-free)

## **Orange:**

- Sunflower seeds (raw)
- Kalamata olives
- vinegar-based dressings - contact me to get some recipes

## **Yellow (carbs):**

- Sweet potatoes or yams
- black beans
- edamame (shelled)
- wild rice
- pasta - whole-grain
- bread - whole-grain
- cereal or low-sugar granola- whole-grain
- crackers - whole-grain
- pita - whole-grain
- English muffin - whole-grain
- tortilla - whole-grain (6")
- tortilla - corn (6")

## **Green (Veggies):**

- Spinach
- broccoli
- tomatoes
- sweet peppers
- carrots



- cauliflower
- cucumbers
- celery
- lettuce (not iceberg)
- mushrooms
- onions

**Blue (healthy fats):**

- cheddar cheese
- avocado
- hummus
- feta cheese

**Purple (fruits):**

- bananas
- apples
- strawberries
- other berries
- other fruit of choice

**Gray (healthy fats to use in moderation):**

- coconut oil
- olive oil
- peanut butter
- almond butter or other nut butter

**Free foods to use whenever you like:**

- Spices
- lemon and lime juice (fresh)
- herbs like cilantro
- red wine vinegar
- mustards
- garlic
- ginger
- tobasco sauce

