



Postpartum Nutrition

Created by MotherWell Academy



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MotherWell Academy

Hello Mama!

Welcome to your meal plan! Here you will find the customized plan I have created for you, along with an itemized grocery list and delicious recipes.

Grocery List Tips

This plan includes a full grocery list that outlines the ingredients you will need to follow this meal plan. You can find it by clicking the "List" tab from your planner. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organized into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organized order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

If meals on the plan appear to be grey or shaded out, this means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

If you need extra support, don't hesitate to contact me at drdaniella@motherwellacademy.com to book your free consult today! I'm more than happy to work with you on this postpartum journey.

Supporting you always,

Dr. Daniella, ND & CCCE
Director of MotherWell Academy

Postpartum Nutrition

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Pumpkin Pie Baked Oatmeal	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats	Zucchini Bread Overnight Oats
Snack 1	Sea Salt & Garlic Crackers	Sea Salt & Garlic Crackers	Sea Salt & Garlic Crackers	Pumpkin Breakfast Cookies	Pumpkin Breakfast Cookies	Pumpkin Breakfast Cookies	Pumpkin Breakfast Cookies
Lunch	Lentil Masala Soup	Lentil Masala Soup	Lentil Masala Soup	Lentil Masala Soup	Tomato & Eggplant Pasta Casserole	Tomato & Eggplant Pasta Casserole	One Pan Chicken, Golden Cauliflower & Carrot Fries
Snack 2	Banana with Almond Butter	Apple with Almond Butter	Banana with Almond Butter	Apple with Almond Butter	Banana with Almond Butter	Apple with Almond Butter	Banana with Almond Butter
Dinner	Tomato & Eggplant Pasta Casserole	Tomato & Eggplant Pasta Casserole	Slow Cooker Honey Garlic Chicken	Slow Cooker Honey Garlic Chicken	One Pan Salmon with Rainbow Veggies	One Pan Chicken, Golden Cauliflower & Carrot Fries	One Pan Salmon with Rainbow Veggies
Snack 3	No Bake Brownie Bars	No Bake Brownie Bars	Coconut Yogurt with Berries & Granola	Coconut Yogurt with Berries & Granola	Coconut Yogurt with Berries & Granola	Blueberry Energy Smoothie	Blueberry Energy Smoothie

Postpartum Nutrition

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 2133	Calories 2123	Calories 2133	Calories 1979	Calories 2002	Calories 2051	Calories 2026
Fat 100g	Fat 100g	Fat 108g	Fat 89g	Fat 82g	Fat 99g	Fat 110g
Carbs 255g	Carbs 253g	Carbs 207g	Carbs 218g	Carbs 259g	Carbs 237g	Carbs 184g
Fiber 53g	Fiber 55g	Fiber 48g	Fiber 43g	Fiber 46g	Fiber 45g	Fiber 35g
Sugar 70g	Sugar 74g	Sugar 69g	Sugar 89g	Sugar 88g	Sugar 85g	Sugar 81g
Protein 74g	Protein 73g	Protein 105g	Protein 96g	Protein 81g	Protein 79g	Protein 104g
Cholesterol 63mg	Cholesterol 63mg	Cholesterol 275mg	Cholesterol 236mg	Cholesterol 95mg	Cholesterol 105mg	Cholesterol 177mg
Sodium 3021mg	Sodium 3022mg	Sodium 2883mg	Sodium 2515mg	Sodium 1449mg	Sodium 1507mg	Sodium 795mg
Vitamin A 16227IU	Vitamin A 16250IU	Vitamin A 17029IU	Vitamin A 9375IU	Vitamin A 8310IU	Vitamin A 19129IU	Vitamin A 20713IU
Vitamin C 77mg	Vitamin C 75mg	Vitamin C 199mg	Vitamin C 208mg	Vitamin C 362mg	Vitamin C 130mg	Vitamin C 408mg
Calcium 863mg	Calcium 868mg	Calcium 1140mg	Calcium 1054mg	Calcium 1047mg	Calcium 698mg	Calcium 695mg
Iron 24mg	Iron 24mg	Iron 21mg	Iron 17mg	Iron 16mg	Iron 20mg	Iron 16mg

Postpartum Nutrition

67 items

Fruits

- ☐ 3 Apple
- ☐ 6 Banana
- ☐ 1/2 Navel Orange

Breakfast

- ☐ 400 grams Almond Butter
- ☐ 90 grams Granola
- ☐ 200 grams Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 tsp Black Pepper
- ☐ 140 grams Cashews
- ☐ 95 grams Chia Seeds
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1 1/2 tsps Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 1 tbsp Garam Masala
- ☐ 1 3/4 tsps Garlic Powder
- ☐ 30 grams Ground Flax Seed
- ☐ 120 grams Hemp Seeds
- ☐ 1/2 tsp Nutmeg
- ☐ 1/4 tsp Onion Powder
- ☐ 1 tbsp Oregano
- ☐ 110 grams Pumpkin Seeds
- ☐ 1 1/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 95 grams Sunflower Seeds
- ☐ 2 tsps Turmeric

Frozen

- ☐ 285 grams Frozen Berries
- ☐ 470 grams Frozen Blueberries

Vegetables

- ☐ 120 grams Baby Spinach
- ☐ 20 grams Basil Leaves
- ☐ 455 grams Broccoli
- ☐ 2 1/2 Carrot
- ☐ 1/2 head Cauliflower
- ☐ 300 grams Cherry Tomatoes
- ☐ 15 grams Cilantro
- ☐ 1/2 Eggplant
- ☐ 5 1/2 Garlic
- ☐ 85 grams Kale Leaves
- ☐ 160 grams Red Onion
- ☐ 1 Yellow Bell Pepper
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 275 grams Brown Rice Penne
- ☐ 240 milliliters Canned Coconut Milk
- ☐ 725 grams Crushed Tomatoes
- ☐ 725 grams Diced Tomatoes
- ☐ 210 grams Dry Red Lentils
- ☐ 200 grams Lentils
- ☐ 950 milliliters Vegetable Broth

Baking

- ☐ 55 grams Almond Flour
- ☐ 1 1/8 tsps Baking Powder
- ☐ 3 tsps Cocoa Powder
- ☐ 120 grams Dark Chocolate Chips
- ☐ 270 grams Oats
- ☐ 75 grams Pitted Dates
- ☐ 1 1/2 tsps Pumpkin Pie Spice
- ☐ 335 grams Pureed Pumpkin
- ☐ 3 tsps Raw Honey
- ☐ 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 225 grams Chicken Breast
- ☐ 455 grams Chicken Thighs
- ☐ 285 grams Salmon Fillet

Condiments & Oils

- ☐ 1 1/2 tsps Coconut Aminos
- ☐ 1 3/4 tsps Coconut Oil
- ☐ 125 milliliters Extra Virgin Olive Oil

Cold

- ☐ 1 1/2 Egg
- ☐ 480 milliliters Unsweetened Almond Milk
- ☐ 510 grams Unsweetened Coconut Yogurt

Other

- ☐ 50 grams Chocolate Protein Powder
- ☐ 1.1 liters Water

Pumpkin Pie Baked Oatmeal

11 ingredients · 45 minutes · 3 servings



Directions

1. Preheat oven to 375°F (191°C). Grease a baking dish with a little coconut oil. (Use a 9 x 13-inch dish for 6 servings.)
2. In a large bowl, whisk together the pumpkin, eggs, maple syrup, pumpkin pie spice, vanilla, baking powder, salt and milk until smooth. Stir the oats and ground flax into the pumpkin mixture. Pour into the baking dish and sprinkle pumpkin seeds over top.
3. Bake in the preheated oven for 40 minutes or until the centre feels set and the edges are slightly golden.

Notes

Storage

Store covered in the fridge up to 4 - 5 days, or freeze in individual portions for easy grab-and-go breakfasts down the road.

Egg-Free

Replace the eggs with flax eggs. For every egg, mix together 1 tbsp of ground flax seed with 3 tbsp of water.

Muffins

Divide the batter into a muffin tray instead of a baking pan. Bake at the same temperature as listed for 20 to 25 minutes, or until muffins are cooked through.

Ingredients

245 grams Pureed Pumpkin

1 Egg

80 grams Maple Syrup

1 1/2 tsps Pumpkin Pie Spice

1/2 tsp Vanilla Extract

1/3 tsp Baking Powder

1/4 tsp Sea Salt

120 milliliters Unsweetened Almond Milk

100 grams Oats (rolled or quick)

2 tsps Ground Flax Seed

2 tsps Pumpkin Seeds

Nutrition

Amount per serving

Calories	312	Cholesterol	62mg
Fat	9g	Sodium	318mg
Carbs	50g	Vitamin A	12886IU
Fiber	7g	Vitamin C	4mg
Sugar	19g	Calcium	199mg
Protein	10g	Iron	4mg

Zucchini Bread Overnight Oats

8 ingredients · 8 hours · 4 servings



Directions

1. In a large bowl combine the oats, almond milk, ground flax seeds, maple syrup, cinnamon, grated zucchini (aim for about 1/2 cup per serving) and hemp seeds. Stir well to mix and then store covered in the fridge overnight.
2. Add a large spoonful or two of oats into jars (250mL or 500mL). Add a layer of sliced banana, and another layer of oats. Top with more sliced banana, a sprinkle of hemp seeds and cinnamon. Enjoy them cold, or warm them up for a minute in the microwave.

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 120 grams** Oats (quick or traditional)
- 360 milliliters** Unsweetened Almond Milk
- 2 tbsps** Ground Flax Seed
- 2 tbsps** Maple Syrup
- 1/2 tsp** Cinnamon
- 1** Zucchini (grated)
- 40 grams** Hemp Seeds
- 2** Banana (sliced)

Nutrition

Amount per serving

Calories	286	Cholesterol	0mg
Fat	9g	Sodium	68mg
Carbs	45g	Vitamin A	325IU
Fiber	7g	Vitamin C	14mg
Sugar	15g	Calcium	221mg
Protein	10g	Iron	3mg

Sea Salt & Garlic Crackers

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
3. Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
4. Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
5. Enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 1 week.

Serve Them With

Hummus, nut butter, cheese, on top of salad or soup.

Ingredients

65 grams Sunflower Seeds

65 grams Pumpkin Seeds

95 grams Chia Seeds

55 grams Almond Flour

1/2 tsp Sea Salt

1 1/2 tsp Garlic Powder

120 milliliters Water

Nutrition

Amount per serving

Calories	380	Cholesterol	0mg
Fat	30g	Sodium	301mg
Carbs	19g	Vitamin A	4IU
Fiber	12g	Vitamin C	1mg
Sugar	1g	Calcium	206mg
Protein	15g	Iron	5mg

Pumpkin Breakfast Cookies

14 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine oats, flax seed, cinnamon, nutmeg, sea salt, baking powder, pumpkin seeds, sunflower seeds and chopped dates together in a bowl. Mix well to combine.
3. Whisk egg in a separate mixing bowl. Add pumpkin, honey, coconut oil and grated carrot. Mix well to combine.
4. Add dry ingredients in with the wet and mix well until a dough-like consistency forms.
5. Form cookies with the dough and transfer to the baking sheet. (Tip: Use a lid from a large-mouth mason jar as a mould.)
6. Place in the oven and bake for 30 to 40 minutes depending on how crispy you like your cookies. Remove from oven and let cool. Enjoy!

Notes

Leftovers

Freeze in the freezer-safe bag or container for up to one month.

Make it Sweeter

Add in a handful of dark chocolate chips.

Vegan

Use maple syrup instead of honey and a chia egg instead of an egg.

Ingredients

50 grams Oats (quick or rolled)
3/4 tsp Ground Flax Seed
1 tsp Cinnamon
1/2 tsp Nutmeg
1/8 tsp Sea Salt
3/4 tsp Baking Powder
30 grams Pumpkin Seeds
30 grams Sunflower Seeds
75 grams Pitted Dates (chopped)
1/2 Egg
90 grams Pureed Pumpkin
2 tbsps Raw Honey
1 1/2 tsps Coconut Oil (melted)
1/2 Carrot (grated)

Nutrition

Amount per serving

Calories	262	Cholesterol	23mg
Fat	11g	Sodium	182mg
Carbs	37g	Vitamin A	4888IU
Fiber	5g	Vitamin C	2mg
Sugar	21g	Calcium	93mg
Protein	7g	Iron	2mg

Lentil Masala Soup

12 ingredients · 30 minutes · 4 servings



Directions

1. Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
2. Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
3. Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Additional Toppings

Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 80 **grams** Red Onion (finely diced)
- 4 **Garlic** (cloves, minced)
- 1 **tsp** Turmeric
- 1 **tbsp** Garam Masala
- 1 **tsp** Sea Salt
- 15 **grams** Cilantro (finely diced)
- 950 **milliliters** Vegetable Broth
- 725 **grams** Diced Tomatoes
- 210 **grams** Dry Red Lentils
- 240 **milliliters** Canned Coconut Milk (full fat)
- 85 **grams** Kale Leaves (finely sliced)

Nutrition

Amount per serving

Calories	391	Cholesterol	0mg
Fat	14g	Sodium	1308mg
Carbs	50g	Vitamin A	2557IU
Fiber	11g	Vitamin C	42mg
Sugar	9g	Calcium	118mg
Protein	17g	Iron	6mg

Banana with Almond Butter

2 ingredients · 2 minutes · 1 serving



Directions

1. Slice the banana and dip it in almond butter. Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 Banana

2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	297	Cholesterol	0mg
Fat	18g	Sodium	3mg
Carbs	33g	Vitamin A	76IU
Fiber	6g	Vitamin C	10mg
Sugar	16g	Calcium	114mg
Protein	8g	Iron	1mg

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 Apple

2 tbsps Almond Butter

Nutrition

Amount per serving

Calories	287	Cholesterol	0mg
Fat	18g	Sodium	4mg
Carbs	31g	Vitamin A	99IU
Fiber	8g	Vitamin C	8mg
Sugar	20g	Calcium	119mg
Protein	7g	Iron	1mg

Tomato & Eggplant Pasta Casserole

12 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 450°F (232°C).
2. In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
3. Remove from oven and let cool for 5 minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serve it With

Arugula tossed in olive oil and lemon juice.

Likes it Spicy

Garnish with red chili flakes.

Cheese Lover

Serve with parmesan cheese.

No Eggplant

Use tomatoes or zucchini sliced into rounds to cover the top instead.

Ingredients

725 grams Crushed Tomatoes

200 grams Lentils (cooked, drained and rinsed)

60 milliliters Water

2 tbsps Extra Virgin Olive Oil

20 grams Basil Leaves (chopped)

1 tbsp Oregano

1/4 tsp Garlic Powder

1/4 tsp Onion Powder

1 tsp Sea Salt

1/2 tsp Black Pepper

275 grams Brown Rice Penne (dry)

1/2 Eggplant (large, sliced into 1/2 inch thick rounds)

Nutrition

Amount per serving

Calories	460	Cholesterol	0mg
Fat	10g	Sodium	931mg
Carbs	82g	Vitamin A	704IU
Fiber	14g	Vitamin C	20mg
Sugar	11g	Calcium	103mg
Protein	13g	Iron	6mg

Slow Cooker Honey Garlic Chicken

10 ingredients · 4 hours · 2 servings



Directions

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
3. Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
4. Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Thighs

Use chicken wings, drumsticks or breasts.

No Slow Cooker

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs

Serve with rice, potato or quinoa.

Ingredients

- 1 1/2 **tbsps** Extra Virgin Olive Oil
- 1 **tbsp** Raw Honey
- 1 1/2 **Garlic** (cloves, minced)
- 1 1/2 **tsps** Chili Powder
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 455 **grams** Chicken Thighs (skinless, boneless)
- 275 **grams** Broccoli (chopped into florets)
- 1 1/2 **tsps** Coconut Oil (or organic butter)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	481	Cholesterol	213mg
Fat	24g	Sodium	908mg
Carbs	20g	Vitamin A	1500IU
Fiber	4g	Vitamin C	122mg
Sugar	10g	Calcium	92mg
Protein	49g	Iron	3mg

One Pan Salmon with Rainbow Veggies

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. Place the cherry tomatoes, salmon, bell pepper, broccoli, and red onion on the sheet pan. Drizzle the vegetables with olive oil. Brush the salmon with the coconut aminos, orange juice and zest. Sprinkle everything with salt and pepper to taste.
3. Place in the oven and bake for 30 minutes, or until salmon is fully cooked.
4. Divide between plates and enjoy!

Notes

More Carbs

Serve with rice or quinoa.

Vegan

Use tofu steaks or roasted chickpeas instead of salmon.

Leftovers

Keeps well in the fridge for 2 to 3 days.

Ingredients

300 grams Cherry Tomatoes

285 grams Salmon Fillet

1 Yellow Bell Pepper (sliced)

180 grams Broccoli (chopped into small florets)

80 grams Red Onion (sliced into chunks)

2 tbsps Extra Virgin Olive Oil

1 1/2 tsps Coconut Aminos

1/2 Navel Orange (zested and juiced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	425	Cholesterol	72mg
Fat	21g	Sodium	220mg
Carbs	27g	Vitamin A	2311IU
Fiber	6g	Vitamin C	296mg
Sugar	11g	Calcium	105mg
Protein	37g	Iron	2mg

One Pan Chicken, Golden Cauliflower & Carrot Fries

7 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C) and line a large baking sheet with parchment paper.
2. Peel and slice carrots into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil and turmeric. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Add more salt to taste if desired. Enjoy!

Notes

Low FODMAP

Use zucchini instead of cauliflower.

Ingredients

- 2 Carrot (medium)
- 1/2 head Cauliflower
- 3 tbsps Extra Virgin Olive Oil (divided three ways)
- 225 grams Chicken Breast
- 1 tsp Dried Thyme
- 1 tsp Turmeric (powder)
- 1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	382	Cholesterol	82mg
Fat	24g	Sodium	286mg
Carbs	14g	Vitamin A	10244IU
Fiber	5g	Vitamin C	75mg
Sugar	6g	Calcium	70mg
Protein	29g	Iron	3mg

No Bake Brownie Bars

8 ingredients · 40 minutes · 8 servings



Directions

1. Line the loaf pan with parchment paper.
2. In a large bowl, combine the almond butter, maple syrup, vanilla, protein powder, cocoa powder, and salt. Mix thoroughly until fully combined.
3. Transfer the mixture to the loaf pan. Press down to create a smooth top.
4. Melt the chocolate and coconut oil in a pan over low heat, or microwave in 30-second intervals.
5. Pour the chocolate over the protein mixture. Transfer to the freezer and freeze for 30 minutes until set. Slice into bars. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving is one bar. An 8 x 4 inch (20 x 10 cm) loaf pan was used to make eight servings.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. Please note that if using a different type of protein powder, results may vary.

Ingredients

- 190 grams** Almond Butter (runny)
- 80 grams** Maple Syrup
- 1 1/2 tsps** Vanilla Extract
- 50 grams** Chocolate Protein Powder
- 3 tsps** Cocoa Powder
- 1/2 tsp** Sea Salt
- 120 grams** Dark Chocolate Chips
- 1 tsp** Coconut Oil

Nutrition

Amount per serving

Calories	293	Cholesterol	1mg
Fat	19g	Sodium	160mg
Carbs	21g	Vitamin A	0IU
Fiber	3g	Vitamin C	0mg
Sugar	14g	Calcium	123mg
Protein	11g	Iron	2mg

Coconut Yogurt with Berries & Granola

3 ingredients · 5 minutes · 1 serving



Directions

1. Add the coconut yogurt to a bowl and top with the berries, any excess juices, and the granola. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add granola just before serving.

Additional Toppings

Chopped nuts, seeds, a drizzle of honey, cinnamon, other chopped fruit.

No Coconut Yogurt

Use Greek yogurt instead.

Ingredients

170 grams Unsweetened Coconut Yogurt

95 grams Frozen Berries (thawed)

30 grams Granola

Nutrition

Amount per serving

Calories	272	Cholesterol	0mg
Fat	13g	Sodium	45mg
Carbs	35g	Vitamin A	6IU
Fiber	8g	Vitamin C	20mg
Sugar	14g	Calcium	411mg
Protein	6g	Iron	2mg

Blueberry Energy Smoothie

5 ingredients · 10 minutes · 2 servings



Directions

1. Combine cashews, hemp seeds and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter

Add in a few soaked dates to sweeten it up.

Ingredients

70 grams Cashews

40 grams Hemp Seeds

475 milliliters Water

60 grams Baby Spinach

235 grams Frozen Blueberries

Nutrition

Amount per serving

Calories	374	Cholesterol	0mg
Fat	27g	Sodium	36mg
Carbs	28g	Vitamin A	2869IU
Fiber	6g	Vitamin C	11mg
Sugar	12g	Calcium	92mg
Protein	13g	Iron	5mg