

# meal planning & nutrition



In many other cultures, nourishing the mother or birthing person is a big postnatal focus. Fueling recovery with lots of protein and healthy fats, warming foods is a big focus and often falls to their community. If we lack a traditional village for support, there are some practical things that we can do to make life a little easier and support our healing and recovery once baby is here.

Planning and prepping 3 meals a day can be trying at the best of times and once children are in the mix, decreased time and mental space for it can mean reaching for less than optimal food. (No judgement here- biscuits are life!)

How can you make tasty, nutritious food easily available to yourself? Here are a few ideas for consideration:

## Gather your recipes

- What are your favourite meals? Which foods bring you comfort? (Regardless of whether they are healthy or not)
- What are your tried and trusted recipes? I know it sounds obvious to write down them down when you're making them week in and week out BUT when you are tired and have lots of other things to think about, having this list can be a godsend when you or your partner are trying to plan the food for the week before your weekly shop.
- Consider recipes that will support your physical and emotional recovery: lots of protein and healthy fats.
- Find recipes that are freezable so that you can batch cook before baby arrives and stash them in the freezer- lasagne, bolognese etc. There is so much to be said for having nutritious food ready to go once baby is here that you haven't had to prepare yourself- just pop it in the oven (one handed!) and voila!
- Find recipes that require less prep/washing up- slow cooker recipes and one tray recipes.

## pre-natal prep

- Batch cook! Rope in your friends and family.
  - You can get disposable trays to store your food and then cook it in the oven (less cleanup) (pictured)
  - Soups, stews casseroles, ragu can be stored flat in ziplock bags to save space in the freezer - it cuts defrost time too.
- Prep **parts** of meals ie chop veg and refridgerate/freeze it raw or roasted for inclusion in meals that you can pull together more easily.
- Stock up your cupboard with food that is convenient and easy to throw together with other things with no/minimal cooking- cooked lentils, tinned fish, seeds, dressing



## building a support system

- Allow others to batch cook for you and/or bring you meals once baby is here - a godsend in those first couple of weeks. Consider setting up a list on mealtrain.com to schedule who brings what/when.
- Discuss with your partner (if you have one) how food planning and prep will be shared while on leave and again if/when they/you return to work. Teamwork can make mealtimes less overwhelming
- Take advantage of takeaway or food delivery options - when you're exhausted/short on time go for convenience.
- Consider a meal delivery service tailored to postpartum needs like The Food Doula
- Hire a postnatal doula who can help with meals and other duties

Now is not the time to think 'I can handle everything'. People generally want to help, they just need to know how. If there's a time to let people in and allow yourself to be taken care of- its postpartum!



# pre/postnatal meal planning

## FOOD AS BOTH COMFORT AND RECOVERY

- Gather recipes: foods you love and that bring you comfort, tried & trusted recipes
- Consider recipes which include protein and healthy fats to support your recovery
- Recipes of freezable meals, slow cooker meals and one tray bakes.

## PRENATAL PREP

- Batch cooking and freezing. (Disposable trays available to both store and cook)
- Soups, stews and casseroles can be frozen flat in ziplock bags to save storage space)
- Stock cupboards with options like lentils, frozen vegetables, pre cooked rice, which can be combined quickly to make nutritious meals (especially one handed)

## ALLOW OTHERS TO SUPPORT YOU

- Discuss with your partner how food prep will be shared while on leave and when they/you go back to work
- Set up a food train
- Use a meal delivery service (The Food Doula), Gousto or similar
- Consider hiring a postnatal doula @doulasophy @doulaslingsally
- Any plans may need to be re-evaluated when circumstances change- return to work etc



Scan the qr code to sign up for the **free** digital files, planners and resources for this session

**FREE!**



# ☀️ postnatal meal planning Resources



## Recipe gathering:

<https://www.babycentre.co.uk/a551102/freezable-recipes-for-new-parents>  
<https://dockatot.co.uk/blogs/news/nourishing-meal-ideas-for-new-mums>  
<https://www.jamieoliver.com/recipes/category/course/one-pan-recipes/>  
<https://www.bbcgoodfood.com/recipes/collection/one-pot-recipes>  
<https://www.goodhousekeeping.com/uk/food/recipes/g557328/one-pot-meals/>  
<https://www.bbcgoodfood.com/recipes/collection/slow-cooker-recipes>  
<https://www.goodhousekeeping.com/uk/food/recipes/g538754/best-slow-cooker/>  
<https://www.tamingtwins.com/category/collections/slow-cooker/>  
<https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

## Great local accounts to follow:

@thefooddoula  
@janine.mcgee.nutrition  
@jenna\_dawn\_nutrition

## Other accounts to follow:

@droscarserrallach - avoiding postnatal depletion  
@tamingtwins - slow cooker/one pan recipes  
@emthenutritionist- preppable breakfasts/lunches



## ⚡ TOP TIPS

the first forty days by Heng Ou and The Postnatal Depletion Cure are two fantastic books re postnatal nutrition, packed with info and recipes

## High in protein:

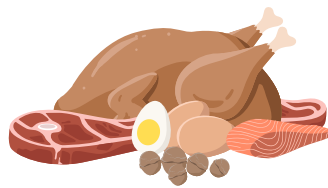
beans, seafood, lean meats, eggs

## Healthy fats:

avocados, fish, nuts, and seeds (walnuts, chia seeds, and flaxseeds)

## Omega 3s

Flaxseed and flaxseed/linseed oil, walnuts and walnut oil, pecans, hazelnuts, soy beans, soy milk and tofu, pumpkin seeds, chia seeds, hemp seeds, green, leafy vegetables.



## Backup/support plans:

[www.thefooddoula.co.uk](http://www.thefooddoula.co.uk) meal delivery service- tailored for postnatal support

## Local Doula support (Hants)

@doulaslinsally @hampshiredoulas  
@doulasophy  
@jpbirth

## Doula support

@abueladoula  
Doula UK  
Developing Doulas



