

30 Days to

HEALTHY LIVING

while breastfeeding



CHEAT SHEET

Step 1

Eliminate:

- wheat
- dairy
- soy
- coffee
- alcohol
- sugar/sweeteners
- vinegar

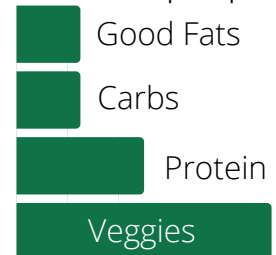
Step 2

Replace 1 meal
a day with a shake
(with optional add-ins)

*Don't forget fiber, greens
balance, and digestion +!*

Step 3

Keep meals in proportion:



Eat every 2-4 hours or when hungry.

(Extreme calorie restriction has been proven ineffective when breastfeeding.)

Milk Boosting Foods!

Organic Gluten-Free Rolled Oats

- Papaya
- Asparagus
- Garlic
- Red Beets



Check with Your Doctor:

Detox Tea

Fizz Sticks

7 Day Cleanse

(opt for Greens Balance instead)

Snack Ideas:

apples & almond butter	berries	chia seed pudding
veggies & hummus	nuts	sweet potato "fries"
hard-boiled eggs	protein balls	

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