

Postpartum Meal Prep

Life can be hectic, especially when you are raising a new born baby. While it is very important to maintain a balanced diet and get active, during this time it can also be quite a challenge. Below are some helpful tips to make healthy meals that are quick, easy, and good for you and your family.

Choose foods and recipes that are simple and nutritious. Quick and easy foods include fruit, veggies, melted cheese on toast, low-fat yogurt with raisins or granola, whole grain cereal, and broiled meat or fish. Avoid fast-food as it is high in fat and won't give you the long-lasting energy you need.

Once a week, take some time to make meal prep easier for the rest of the week. Wash and cut up some veggies, then store them in an airtight container. You can either put them in the fridge for a snack or keep them in the freezer and later use them in a meal by steaming, stir-frying, or by adding them to soups. Boil a few eggs and keep them in the fridge. Freeze portions of fish or chicken breast in airtight containers, and cook individual portions for when you need them.

When you prepare meals, make a little extra and store it in the freezer. This can make meal prep easier next time.

If you make homemade baby food, freeze it in an ice cube tray. This allows you to defrost the perfect baby-sized portion each time.

Get help from family and friends. During the first few months after giving birth, it can make your life a lot easier if family and friends can help make meals for you. If you can save some meals in the freezer, even better!



Remember to also take some time for yourself. Instead of doing those last minute chores, take a nap when your baby naps. Sit down at meals and enjoy eating with your family. Don't be shy to ask your family and friends for help. Sharing the workload can make postpartum life that much easier.