



Nutritious Menu For A *Breastfeeding* Mother

Turkey And Bean Burrito

A wholesome and convenient option as it provides a good source of protein and fiber.



Kale And Bacon Tart

It provides a good balance of protein and nutrients to support lactation and keep energy levels up.



Salmon Fillet With Pesto

Pesto up your salmon fillet for a delicious, lactation-boosting meal.



Chocolate Chip Banana Muffins

This perfect snack provides a boost of energy and satisfies sweet cravings.



Molasses Wheat Bread

Rich in iron and other essential nutrients that can support overall health.

