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Healthy Snacks and Meals

It's important to eat organic foods as much as possible especially fruits and vegetables. These meals are sans meat. Feel free to modify them to include your favorite foods.

Meal Suggestions

Breakfast

- Poached eggs on toast with tomatoes. Toast the bread, place a slice of tomato and poached egg on top. Add some grated cheese or nutritional yeast.
- Smoothies
 - Start with a base: 1 cup of rice or almond milk.
 - 2-3 whole fruits: berries, pineapples, pears, apples (fresh or frozen)
 - Date or banana for sweetener
 - ¼ cup of walnuts
 - 2 Tablespoons of ground flax seeds
 - Any other additives: green powders such as spirulina
 - Chia seeds, hemp seed, maca powder
 - Here are some suggestions: Add dates for sweetener
 - 1 Cup of fresh or frozen fruit – try the combinations below:
 - Berries: black, blue, raspberry, strawberry
 - Pineapple and coconut
 - Apples and almond butter with cinnamon
 - Mangoes and pineapples
 - Frozen cherries and unsweetened cacao powder
 - Ice or water to thin out
- Leftovers – make quick and delicious breakfasts
- Granola and yogurt
- Miso soup and vegetables – boil water, add miso and leftover vegetables. Add some leftover rice or noodles. Quick easy and delicious.
- Frozen waffles with yogurt, fruit and maple syrup

Lunch

- Try making 1-2 servings more for dinner. While cleaning up dinner make your lunch for tomorrow
- A favorite lunch in our home:
- Left over rice and beans on a bed of lettuce with hummus and olives.
- Keep hummus and olives always in the fridge to add to toast
- Cook up some rice the day before and open a can of beans.
- Grilled cheese sandwiches – (non dairy if dairy free)
- Almond butter on toast with honey

- Hummus on toast with olives and/or pickles
- Pita bread with tomato sauce and mozzarella cheese and artichokes or olives
- Always have lettuce on hand with grated carrots, pickles, olives, and hard-boiled eggs to make a quick salad. Add canned garbanzo beans and salad dressing
- Leftover greens on toast with mustard or mayo
- Avocado on toast with mustard. Vary the toppings: grated carrots, sliced pickles, olives, cheese, hummus, tomatoes

Dinner

- It helps to plan out dinner ahead of time
- Choose 5-7 meals that you can make quickly and easily and keep that list handy
- On the weekend plan which meals you are making for the week and shop for the ingredients. Here are some of our favorite quick and simple meals.
- Burritos – open a can of beans, grate some carrots and cheese, add lettuce and salsa on a tortilla
- Baked potato with beans and cheese – open the potato add beans and melt cheese
- Cheese ravioli with tomato sauce
- Soup – once a week try to make a big pot of soup and freeze it in quart size containers. This is a nice lunch or addition to dinner
- Pasta and broccoli – steam broccoli and cook pasta. Add them together with water from the pasta. Sprinkle with cheese or nutritional yeast.
- Easy combination for dinner:
 - Grain, bean, salad, vegetable – add vinegar and oil and some hummus and olives. Artichokes are a great addition.
 - If you eat meat or fish, substitute this for the beans.
 - Don't forget to EAT LEAFY GREENS – the most nutritious vegetables
 - Kale – is the King of Vegetables
 - Collards
 - Swiss Chard
 - Beet greens
 - Broccoli raab
 - Mustard greens
 - Turnip tops

Snacks:

- Grilled cheese on toast with tomatoes or pickles and mustard
- Hummus and carrots. Can also have hummus on toast
- Almond butter and apples
- Fruit with nuts
- Granola and almond or rice milk
- Toast and nut butter with honey
- Soup – try to make a big pot of soup on the weekend and freeze in quart size containers.
- Freshly squeezed fruit and vegetable juices
- Almonds and raisins
- Dried mangoes
- Cashews
- Any nuts or dried fruit
- Crackers and hummus with olives