

Shopping List for the Breastfeeding Mama

Fruits & Vegetables

Berries (all kinds)
Green apples
Peaches
Apricots
Melon
Lemons/Limes
Avocado
Tomatoes
Spinach
Kale
Leafy Greens
Green beans
Broccoli florets
Cauliflower
Sweet potatoes
Beets

Whole Grains

Oatmeal
Wild rice
Quinoa
Popcorn
Kamut
Barley

Legumes

Chickpeas
Peanut Butter
Peanuts
Lentils
Black beans

Proteins, Nuts & Seeds

Grass fed beef
Organic chicken
Low sodium/organic
bone broth
Fish
Oysters/Mussels/Scallops
Eggs
Tofu/Tempeh
Tree Nuts
Flax Seed
Chia Seed

Dairy

Plain/whole milk yogurt
(grass fed/organic is best)
Raw hard cheeses
Organic butter
Whole milk cottage cheese
Ghee

Fats & Oils

Avocado oil
Coconut oil
Extra Virgin Olive Oil
Full fat coconut milk

Sugars

Raw honey
Pure maple syrup
Stevia
Molasses