

LOSE WEIGHT, NOT MILK

MEAL PLAN

FOR BREASTFEEDING MOMS

Grab Milk Dust Lactation Bars for Snack or Dessert!

Breakfast

Lunch

Dinner

Sun

Strawberry Spinach
Milk Dust Smoothie
with milk of choice

Salad with Hard-
boiled egg,
avocado + turkey
bacon

Rotisserie Chicken
with Cauliflower
Mash

Mon

Blue Berry Spinach
Milk Dust Smoothie
with milk of choice

Roasted Sweet
Potato Salad with
Chickpeas + Goat
Cheese

Baked Salmon with
Zucchini Noodles +
Milk Dust Bar for
Dessert!

Tue

Avocado + Mango
Milk Dust Smoothie
with milk of choice

Turkey Taco Salad
with tomato, black
beans, jalapenos +
salsa

Roasted cauliflower
with Rotisserie
Chicken

Wed

Peach + Raspberry
Milk Dust Smoothie
with milk of choice

Sweet potato toast
with a fried egg +
tomato (two slices)

Turkey burger with
tomato + avocado
wrapped in lettuce

Thu

Mango +
Pineapple Milk
Dust smoothie with
milk of choice

Eggs + Cauliflower
rice stir fried
together + sweet
potato toast

Ground Turkey
Spaghetti Sauce
over Zucchini
Noodles

Fri

Banana + Cashew
Milk Dust Smoothie
(raw cashews) with
milk of choice

Turkey Burger over
salad with
tomatoes, onions +
avocado

Cauliflower Pizza
(frozen or make the
crust!) with tomato,
basil + goat cheese