



#### **Overview**

- My Story
  - How I got here
  - Postpartum Anxiety
- Holistic Nutrition
  - What is it?
  - What areas does it cover?
- Nutrition Basics
  - Nutrition tips for Moms

## **My Story**









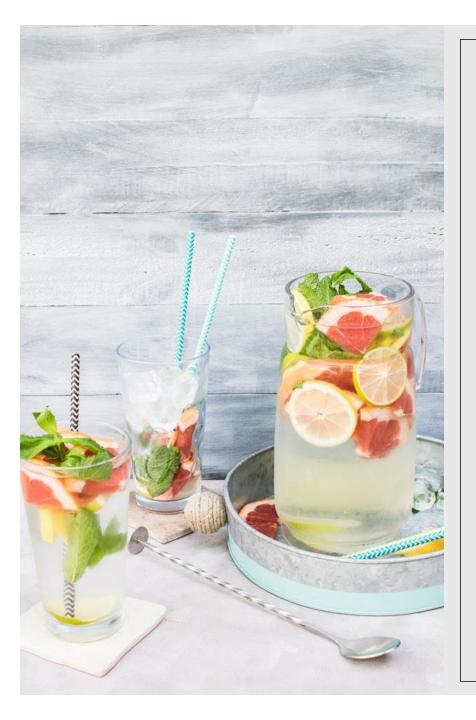
#### **Holistic Nutrition**

- Root word of holistic is whole
- is **Whole Body Nutrition** + includes everything that feeds your:
  - Mind
  - Body
  - Soul
- Believes our mental, physical + spiritual health are all connected
- Believes health is more than just diet + exercise!
- Emphasizes the importance of areas like self-care, stress management, changing your mindset, mindfulness, ditching toxic people, working through past traumas, finding your purpose, and more



### **Nutrition Basics**

- Water
- Ingredient Meals
  - Breakfast
  - Lunch
  - Dinner
  - Snacks
- Batch Cooking
- How to Enjoy Time in the Kitchen



### Water

- "Water is our lifeblood, a nutrient more essential than food."
- Aim for 2-3 L per day
- Ways to drink more water:
  - Drink water as soon as you wake up
  - Infuse it! Try adding different fruits (fresh, frozen, sliced) lemon, lime, grapefruit, orange, cucumber, frozen berries, crushed mint, etc.
  - Herbal teas hot, warm, iced; plain or add a bit of honey or stevia
  - Play with temperatures of water to see what you like best
  - Use a straw
- Drink water between meals, instead of with meals to improve digestion

#### **Ingredient Meals**

When planning meals, aim to have at least one source of:

- Protein
- Fat
- Produce or Fibre

Together, they stabilize blood sugar:

- Helps to balance moods + irritability
- Helps to balance energy throughout the day

| Complete Proteins   | Healthy Fats   | Fibre   |
|---|--|---|
| Wild fish (fresh, frozen, canned), seafood  | Avocado, avocado oil                                   | Vegetables, fresh or frozen                                     |
| Well-raised<br>beef, chicken, pork, wild<br>meat                                    | Coconut: coconut oil, coconut butter, coconut flakes   | Fruit, fresh or frozen, organic dried fruit (check ingredients) |
| Eggs  | Nuts + Seeds, butters                                  | Whole grains  |
| Complete veggie proteins: quinoa, hempseeds, chia seeds, buckwheat                  | Olive oil  | Beans + legumes   |
| Combined veggie proteins: Grains + Legumes; Legumes + Nuts or Seeds; Grains + Dairy | Fats from well-raised animals (lard, tallow, duck fat) |   |
| Yogurt, cheese  | Dairy, butter or ghee                                  |   |



# **Easy Breakfast Ideas**

- Overnight Oats with hempseeds, full-fat coconut milk and fresh or frozen berries
- Eggs with Roasted Sweet Potatoes Eggs fried or scrambled with butter,
   ghee, coconut oil or avocado oil, served
   with leftover roasted sweet potatoes.
   Optional to add some avocado on the
   side or throw spinach or veggies into the
   scramble.
- Smoothie base: nut milk or water with nut butter, hempseeds or collagen for protein, frozen fruit, banana and spinach

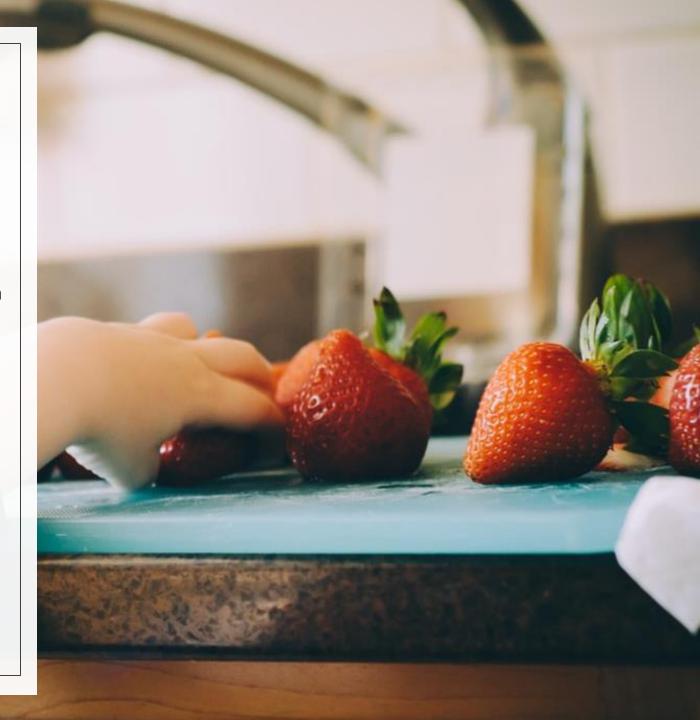


# **Easy Lunch + Supper Ideas**

- Quinoa or Rice Bowls with canned beans or legumes, leftover meat, canned salmon or tuna, hard-boiled eggs or even rotisserie chicken; whatever veggies you have on hand, and a dressing or sauce
- Balsamic Pasta with brown rice pasta, chicken, sliced olives, Italian seasoning, sea salt, olive oil and balsamic vinegar. Add in: leftover roasted veggies, fresh spinach or tomatoes, feta
- Slow cooked meat with roasted root veggies and sautéed frozen veggies or salad

#### **Snack Ideas**

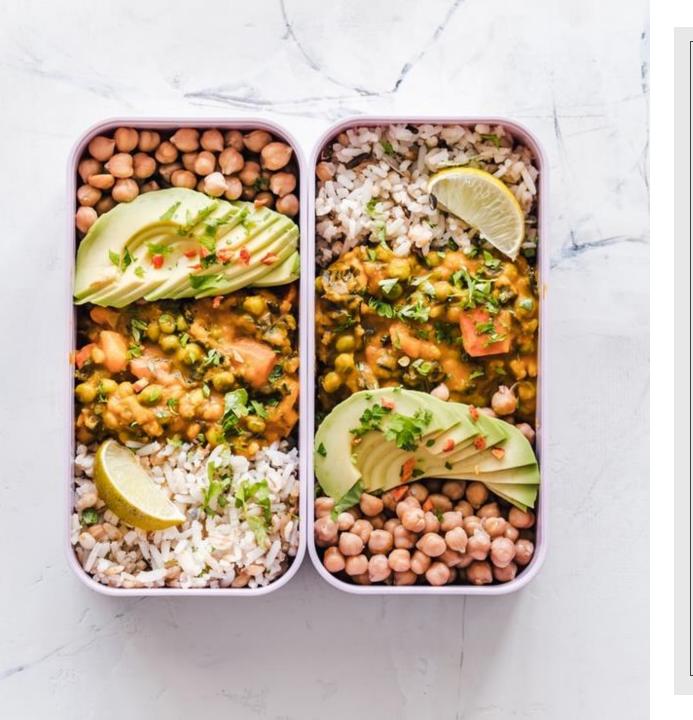
- Fruit
- Veggies
- Nuts + Seeds raw , unseasoned
- Pure Nut/Seed Butters
- Dried Fruit, unsweetened, (make your own trail mix)
- Plain yogurt, add in fruit and maple syrup, honey or stevia for sweetness; or make veggie dips
- Cheese
- Crackers Mary's Crackers, rice crackers, Nut Thins
- Proscuitto, olives, pickles
- **Bread** sprouted grain or gluten free
- Popcorn pre-popped or make your own with coconut oil and sea salt (or butter if you don't need it to be shelf-stable!)
- Roasted chickpeas
- Chips made with coconut oil or avocado oil (Nutters)
- Guacamole
- Larabars, Meatbars
- Hard-boiled eggs





# **Snacks - A little** bit of prep work

- Chia Pudding
- Energy balls
- Gelatin Gummies
- Granola
- Whole food baking
  - Naturally sweetened cookies, muffins, etc
- Smoothies, Smoothie Popsicles
- Hummus
- Kale chips
- **Banana ice cream** (blended frozen bananas)
- Egg Muffins
- Oatmeal



### **Batch Cooking**

- Batchcooking 1-2 times a week can save time at mealtime because part of the work or all of the work is already done
- To mealplan or not to mealplan?



# How to Enjoy Time in the Kitchen

- Make the kitchen somewhere you want to be by:
  - Putting on your favorite music
  - Putting on a podcast you've been waiting to listen to
  - Lighting candles
  - Diffusing your favorite oils
  - Putting crystals around you
  - Doing whatever makes you happy
  - Making a cup of your favorite tea or having a glass of wine
  - Having a kid helper or not
  - Inviting a friend over to batch cook together

