

# maternity week nutrition tips & shopping list

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To support your recovery, I would like to give you some guidelines on what you can pay attention to with nutrition. Food may be well cooked, be creamy, contain a lot of moisture and has to be tasty of course!

Ingredients that are not the best at the moment:

- X Pasta
- X Cow dairy
- X Tomato
- X Nightshade vegetables (paprika, eggplant)
- X Cabbage varieties
- X Broccoli
- X Cauliflower
- X Onions and garlic in moderation
- X No peppers or spicy dishes
- X Sage, mint and parsley

What is really good right now:

- Pumpkin
- All earthy vegetables - tubers, parsnips, beets, carrots, sweet potato
- Green vegetables - spinach, zucchini, green beans, fennel
- Ginger
- Rice, buckwheat, quinoa, barley
- Lentils and chickpeas
- Nuts and seeds
- Ghee, eggs, goat cheese and feta
- Herbs like: cumin, caraway seed, coriander, turmeric, oregano, thyme, rosemary, fennel seed
- Think of a lot of soup, vegetable stew, curry, kitchery

## shopping list

- Almonds with skin
  - Walnuts/hazelnuts
  - Almond flour
  - Oat flakes
  - Three packs of unsalted butter
  - Feta
  - Goat cheese (soft)
  - Eggs
  - Maple syrup
  - Dried plums
  - Dried apricots
  - Raisins
  - Chia seed
  - Oat/almond milk
  - Lentils (brown and red)
  - Chickpeas
  - Whole mung beans (ekoplaza)
  - Basmati rice
  - Quinoa
  - Bulgur
  - Risotto rice
  - Coconut milk (cans)
  - Fennel seed
  - Cinnamon sticks
  - Cardamom pods
  - Fresh ginger
  - Apples
  - Pears
  - Bananas
  - Pumpkin
  - Carrot
  - Sweet potato
  - Zucchini
  - Green beans
  - Spinach
  - mushrooms
  - Cucumber
  - Beetroot
  - Fennel
- Organic products are nice - if the budget allows - but not necessary
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