

Restore Activity Series

# Fuel Your Body



## Food & Recipe Ideas for Postpartum Moms

# My Favorite Easy Snacks

## Trail Mix

- 3/4 cup almonds
- 3/4 cup cashews
- 1/2 cup pistachios
- 1/2 cup sunflower seeds
- 1/2 cup raisins
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- 1/2 cup chopped dark chocolate

Mix all of the ingredients together in a bowl. Store the mixture in mason jars or reusable food storage containers for easy access. You can toast the nuts for added flavor. Trail mix is a simple and delicious way to add fiber and healthy fats into your diet. There are a ton of recipes online for different mixes or you can buy them pre-mixed at most grocery stores.



## Granola Bars

- 2 1/2 cups old fashioned oats
- 1/2 cup pecans, chopped
- 1/3 cup honey
- 1/4 cup unsalted butter, cubed
- 1/4 cup packed brown sugar
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 1/2 cup dried cranberries
- 1/2 cup chopped dark chocolate

Toast the oats and almonds on a sheet pan in a 350 degree oven for 3-5 minutes. Transfer to a large bowl. In a saucepan, melt together the honey, butter, brown sugar, vanilla, and salt. Pour butter mixture into the oats and almonds and mix. Wait a few minutes then add the cranberries and chocolate. Line a cake pan with aluminum foil and spray foil with oil. Firmly press the mixture into the pan. Refrigerate the mixture for an hour. Remove the aluminum foil and cut into pieces.

\*Adapted from a recipe by [inspiredtaste.net](http://inspiredtaste.net)

# My Favorite Easy Snacks

## Guacamole

- 1 avocado
- 1/2 diced shallot
- 1 Tb lime juice
- 1/4 tsp salt



Scoop the "meat" of the avocado into a bowl and use a fork to mash it. Add the rest of the ingredients and mix together. Double the recipe if you're going to share!

This is a great source of healthy fats and goes well with veggies (carrots, celery), on chips, or on toast

## Kale Chips

- 1 bunch of kale
- 2 Tb oil (olive, avocado, and coconut oils all work)
- Salt
- Other seasoning ideas: turmeric, cumin, parmesan, chili powder, garlic salt, seasoned salt, nutritional yeast.

Remove kale from stems and rip into chip-sized pieces. Put pieces in a bowl and drizzle in oil. Massage the kale to ensure each piece is coated with the oil. Spread the pieces out on baking sheets (use a silicone mat underneath if you have one!). Sprinkle salt over top to ensure each piece gets a little. Bake in a 225 degree oven for 15 minutes, stir, then bake for another 10-15 until crisp.

# My Favorite Smoothies



## Chocolate Peanut Butter

- 1 cup almond milk
- 1 frozen banana
- 1/2 cup frozen blueberries
- 2 cups spinach
- 1 scoop chocolate plant protein of choice
- 2 Tb nut butter of choice (powdered nut butter works too!)

Blend ingredients together and enjoy! Top with cacao nibs for extra crunch.

## Blueberry Banana

- 1 cup almond milk
- 1 frozen banana
- 1/2 cup frozen blueberries
- 2 cups spinach
- 1 scoop vanilla plant protein of choice
- 1 tsp chia seeds

Blend ingredients together and enjoy! Top with extra chia seeds for extra crunch.

TIP: Add egg whites from a carton for added protein. These egg whites (found in the egg/dairy section) are pasteurized meaning they can be eaten without being cooked.



# My Favorite Easy Meals

## Rice Bowl

- 1/2 cup quick cook brown rice
- 1 crown broccoli
- 1 block extra firm tofu
- Other protein ideas: chicken breast, steak, seitan, salmon

Cook the rice according to the package instructions. Cut the broccoli off of the crown and cook in boiling water until slightly tender but still vibrant green. Cut the tofu into cubes and cook in a pan with a little oil (air fry for a crispier option). Tofu can be replaced with a protein of choice. Make a bed with the brown rice and add broccoli and tofu. Drizzle an amino acid like Bragg Liquid Aminos (regular or coconut) over the top as a dressing. Makes several servings so you can easily assemble later if needed.

## Arugula Salad

- 2 cups arugula
- 1/2 apple cut into wedges
- 2 Tb roasted pecans
- 1/2 shallot, diced
- 3-4 oz tofu
- 1 Tb balsamic vinaigrette
- 1 Tb dried cranberries
- 2 Tb crumbled goat cheese

Add the arugula, apple, and shallot to a bowl and mix. Top with tofu, cranberries, and goat cheese. Drizzle the balsamic vinaigrette on top and enjoy! Tofu can be replaced with a protein of choice. Triple the recipe if you want a bigger salad for the family or more for another meal.

Save the vinaigrette until you're ready to eat so the ingredients don't get soggy.



# My Favorite Easy Meals

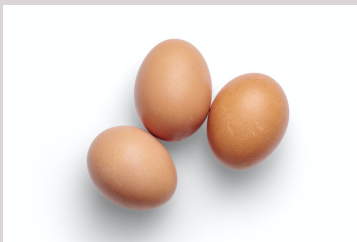
## Veggie Bake

- 2 sweet potatoes, peeled and cubed
- 1 red onion, cut into large pieces
- 2 cups brussel sprouts, halved
- 2 Tb olive oil
- Salt

Preheat your oven to 400 degrees. Prep the veggies and toss with the oil in a large bowl. Make sure each piece is coated. spread the veggies out on a shallow baking tray in a single layer. Sprinkle the salt over the top. Bake for 20-25 minutes, stirring every 10 minutes. Veggies are great alone, on a bed of rice, with pasta, or with a favorite protein.

## Egg Scramble

- 1 egg
- 6 Tb liquid egg whites
- 1 cup spinach, minced
- 1/8 cup shredded parmesan cheese



Saute the spinach in a pan over medium-low heat. Whisk together the egg and egg whites until fully combined. Once the spinach has wilted, add the egg mixture to the pan. Let the egg set just a little before adding the parmesan cheese. Season with salt and pepper if desired (although, parmesan may give it enough salt). You can swap out the spinach with other greens like arugula, peppers, brussel sprouts, or any other veggies that you enjoy.



# The Research



Below are some key pieces of research and articles around the benefits of a healthy diet for mental health.

Barish-Wreden, Maxine. "Eating Well for Mental Health." Sutter Health, [www.sutterhealth.org/health/nutrition/eating-well-for-mental-health](http://www.sutterhealth.org/health/nutrition/eating-well-for-mental-health).

Ede, Georgia. "Clinical Trial Finds Diet Works for Depression." Psychology Today, 17 Feb. 2017, [www.psychologytoday.com/us/blog/diagnosis-diet/201702/clinical-trial-finds-diet-works-depression](http://www.psychologytoday.com/us/blog/diagnosis-diet/201702/clinical-trial-finds-diet-works-depression).

Ljungberg, Tina et al. "Evidence of the Importance of Dietary Habits Regarding Depressive Symptoms and Depression." International journal of environmental research and public health vol. 17,5 1616. 2 Mar. 2020, doi:10.3390/ijerph17051616. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7084175/>.

"Nutrition and Depression: What Works?" Food For The Brain Foundation, [foodforthebrain.org/condition/depression/](http://foodforthebrain.org/condition/depression/).

Rao, T S Sathyanarayana et al. "Understanding nutrition, depression and mental illnesses." Indian journal of psychiatry vol. 50,2 (2008): 77-82. doi:10.4103/0019-5545.42391. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2738337/>.