

Breastmilk Supporting

GROCERY LIST

 Garbanzo beans

 Coconut Water

 Oats

 Flax seed

 Hemp seeds

 Apricots

 Oranges

 Papaya

 Sweet Potato

 Organic Moringa Tea

 Watermelon

 Salmon

 Avacado



POSTPARTUM GROCERY LIST



COCONUTWATER

CHIA SEEDS

NUTS

YOGURT OR KEFIR

BERRIES

CITRUS FRUITS

BONE BROTH

DARK LEAFY VEGGIES

QUALITY PROTEIN POWDER

PEPPERS

FISH

DARK CHOCOLATE

WWW.PREPAREDBEGINNINGS.COM



prepared
beginnings
lactation

RECOVERY SHOPPING LIST

toxic free pads

high waist disposable undies

peribottle

Epsom Salt

natural numbing spray

tucks pads

aloe vera gel

breastfeeding bras or tanks

heating pad

hydrogel pads

WWW.PREPAREDBEGINNINGS.COM

