GROCERY LIST



🛒 THE CORE REPAIR LIST (Collagen & Tissue Support)

These foods provide the building blocks to help close your abdominal gap (Diastasis Recti).

[ ] Bone Broth: Liquid gold for gut health and collagen.

[ ] Wild-Caught Fish (Salmon/White Fish): For Omega-3s to reduce inflammation.

[ ] Bell Peppers & Citrus: High Vitamin C to "glue" collagen fibers together.

[ ] Berries (Blueberries/Raspberries): Anti-oxidant powerhouses for skin elasticity.





GROCERY LIST



THE ENERGY ANCHORS (The P.F.F. Proteins)

Stop the 3 PM sugar cravings by centering your meals around these.

[ ] Pasture-Raised Eggs: The perfect postpartum superfood.

[ ] Grass-Fed Beef or Iron-Rich Lentils: To replenish iron lost during birth.

[ ] Greek Yogurt or Cottage Cheese: High-protein snacks for quick energy.

[ ] Chicken Thighs: Easier to prep and higher in healthy fats than breasts.





GROCERY LIST



🥑 THE HORMONE BALANCERS (Healthy Fats)

Crucial for brain health and "mom-fog" elimination.

[ ] Avocados: For healthy monounsaturated fats.

[ ] Chia Seeds & Hemp Hearts: Easy to sprinkle on anything for a fiber boost.

[ ] Walnuts & Almonds: The ultimate brain-fuel snack.

[ ] Coconut Oil/Extra Virgin Olive Oil: Your only two cooking staples.





GROCERY LIST



⏱️ THE "MOM-HACK" CONVENIENCE LIST

For when you have zero minutes to cook but need to eat.

[ ] Rotisserie Chicken: (Pre-cooked protein for the week).

[ ] Pre-washed Kale/Spinach: Throw it in a smoothie or a "Big Bowl."

[ ] Frozen Berries: No washing, no cutting, pure nutrition.

[ ] Quinoa (Pre-cooked or Instant): The perfect gluten-free base for any meal.



