

# 1-Week Postpartum Hormone Balancing Grocery List

This one-week grocery list is designed to support postpartum recovery, balance hormones, and restore energy. It includes foods rich in protein, fiber, healthy fats, vitamins, and minerals essential for healing and energy balance.

## Proteins

- Organic chicken breast or thighs
- Turkey
- Salmon, sardines, or mackerel
- Eggs (free-range if possible)
- Greek yogurt (unsweetened)
- Lentils, chickpeas, black beans
- Tofu or tempeh

## Healthy Fats

- Avocados
- Extra virgin olive oil
- Almonds, walnuts, cashews
- Flaxseeds, chia seeds, pumpkin seeds
- Nut butters (almond, peanut)

## Vegetables

- Spinach, kale, Swiss chard
- Broccoli, Brussels sprouts, cauliflower
- Carrots, zucchini, beets
- Sweet potatoes
- Cucumbers, celery

## Fruits

- Blueberries, strawberries, raspberries
- Apples, pears, bananas
- Oranges, lemons, grapefruits
- Pomegranates

## Grains & Fiber

- Oats
- Brown rice
- Quinoa
- Whole grain bread or pasta

## **Fermented Foods (Probiotics)**

- Plain yogurt with live cultures
- Kefir
- Sauerkraut
- Kimchi
- Miso paste

## **Mineral & Energy Boosters**

- Pumpkin seeds (magnesium boost)
- Dark chocolate (70%+ in small portions)
- Brazil nuts (selenium)
- Herbal teas (chamomile, peppermint, green tea in moderation)