

PROGRAM PREGNANCY & BREASTFEEDING

Breakfast

Assorted cheeses, whole grain crackers, 1 fruit

2 soft boiled eggs, 1 slice whole grain toast, herbal tea

Organic oatmeal, milk, soymilk, or goat's milk, 3 Tbsp. fresh ground flaxmeal

Hot brown rice cereal w/cinnamon, 1 fruit

8 oz. Yogurt, 1 fruit

Organic cottage cheese with flax oil, organic fruit or raw nuts (almonds, walnuts)

Lunch and Dinner

4 slices turkey white meat, Dijon mustard, spinach salad, flax oil dressing

4 oz. Crabmeat, 1 Tbsp. Sugar-free mayonnaise, chopped celery, romaine lettuce
w/ gorgonzola.

1 can tuna, 1 Tbsp. sugar free mayonnaise, chopped celery and green pepper.

Chef's salad, blue cheese dressing

1 broiled lamb chop, asparagus, 1 Tbsp. grated mozzarella

1 lemon chicken breast, 1 oz. melted cheese, sautéed leeks in olive oil

4 slices lean London broil, creamed spinach, 1 pat butter

Salmon burger patties made with 6 oz. chopped salmon, onions, dill, an egg, and ¼ cup
ground sesame seeds, and sautéed in skillet with 1 Tbsp. butter.

Albacore tuna pockets made with celery, red onion, sugar free unrefined mayonnaise,
lemon juice, alfalfa sprouts, and herb seasonings stuffed into whole wheat pita pockets

Gourmet salmon salad made with 1 can salmon, 2 tsp. sliced scallions, 1 tsp. sliced radishes,
2 tsp. rice vinegar, 1 tsp. flax oil, 1 tsp. soy sauce, and ¼ tsp. minced ginger root all placed
atop a green salad

Snacks

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Raw organic nuts and seeds, fruit, hard boiled egg, cheese from milk that has not been pasteurized (Swiss cheese from Switzerland), lean meats, yogurt

Anytime

Dry toast, herbal teas: (after first trimester) ginger, red raspberry, dandelion, and nettle.

Beverages

Freshly prepared mixed vegetable juice with beets

Green drinks: Green Magma, Kyogreen, or Green Kamut: (1 tsp. 1-3x day in water)

Herbal Teas: Red Raspberry, Ginger, Nettle, Echinacea

Avoid

Aspirin, smoking, alcohol, doses of synthetic vitamin A above 8,000 IUs, pesticides, herbicides, preservatives, MSG, Nutrasweet, heavy metals, solvents (cleaning materials, formaldehyde, toluene, benzene), large quantities of fish which contain PCB's and mercury, sugar, hydrogenated oils, soft drinks, processed and refined foods. Do not eat more than one serving of cruciferous vegetables per day. Foods such as broccoli and cabbage juice should be avoided outright. These foods can suppress thyroid function in excess. Avoid dandruff shampoos containing selenium disulfide, as this ingredient may suppress lactation.

Suggestions and Goals

Vitamin A should not be taken in amounts greater than 5,000 IUs during pregnancy. Natural forms of vitamin A is the preferred form. Do not eat large servings of liver on a regular basis.

Regular chiropractic adjustments can help overall health and ease of delivery. Helonius root has been used traditionally on the day of delivery to help dilation and ease the birth.