

THE PANTRY STOCKING GUIDE



Pantry

- **Sea Salt** - - Add a pinch to every glass of water for an electrolyte boost
 - [Selina Naturally](#), [Celtic Sea Salt](#) or [Redmond Sea Salt](#)
- **Oats** - Filling and high in iron
- **Dates & Prunes** - Nourishing & full of fiber
- **Pumpkin & Sunflower Seeds** - High in magnesium to support sleep and recovery
- **Nuts** - Find your favorites for snacking & topping!
 - Cashews
 - Almonds
 - Walnuts
 - Pecans
- **Nut Butters**
- **Nutrient-Dense Foods**
 - Hemp seeds
 - Chia seeds
 - Ground flax
 - Goji berries
- **Red Lentils** - High in fiber, quick cooking & delicious in soups
- **Chickpeas**
 - [Eden Foods](#)
- **Tinned Fish** - Shop for wild caught
 - Anchovies
 - Sardines
 - Sockeye salmon
- **Onions & Garlic**
- **Potatoes, Yams & Squash**
- **Cold Pressed Extra Virgin Olive Oil**
- **Apple Cider Vinegar** - Antimicrobial and boosts digestion
- **Virgin, Unrefined Coconut Oil**
- **Coconut Water** - Super hydrating and full of potassium
- **Coconut Milk** - Great to add to soups or chia pudding
- **Maple Syrup**
- **Local Honey**
- **Dark Chocolate**
 - [Hu](#) - No refined sugars, sugar alcohols or lecithins
- **Whole Grains** - For easier digestion, soak overnight before cooking
 - Rice
 - Quinoa
 - Farro
- **Convenient Snacks**
 - [88 Acres Bars](#)
 - [Hu Hunks](#) (the cashews are my fave!)
 - [CHOMPS](#), [Grass-Fed Beef Sticks](#)
 - [Navitas Organics Power Snacks](#)
 - [Mamma Chia Prebiotic Chia Squeeze Pouches](#)
- **Herbs, Tinctures & Teas**
 - Nettle leaf - Rebuilding minerals & reducing postpartum bleeding
 - Red raspberry leaf - Helps your uterus contract down to it's pre-pregnancy size
 - Chamomile - for calming
 - [Mountain Rose Herbs, Nurse-Me Rhyme Tea](#)
 - [Mountain Rose Herbs, Relax Care Extract](#)
 - [WishGarden Herbs, After Ease](#)



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Freezer

- **Bone Broth** (a MUST-have postpartum!)
 - Homemade or [Bonafide Provisions Beef or Chicken Bone Broth](#)
- **High-Quality Meats & Seafood**
 - Chicken, pork, beef, lamb, shrimp, sockeye salmon, etc.
- **Organic Frozen Fruits and Veggies**
 - Mixed berries & mango (high in fiber to keep you regular)
 - Spinach, peas & broccoli
 - Avocado (high in omega 3's)
- **Grass-Fed Butter** - Rich in vitamins to support immune function and fatty-acids to promote gut health
 - [Kerrygold](#)

Tips & Notes

- Bone broth is an essential, nutrient-dense and warming food for postpartum. Drink it plain or cook it into soups and stews, even use it to replace water when cooking grains or pasta.
- Marinate and freeze family sized portions of meat, like chicken thighs, pork shoulder, chuck roast etc. For easy meals, defrost in the fridge overnight and cook.
- Assemble smoothie kits in the freezer, so that they're easy to grab and throw into the blender.
- Try to prioritize whole foods over processed foods. Some of my favorite convenient snacks are listed above, but find what works best for you.
- Take time to read food labels carefully. Ideally you're looking for fewer ingredients and ones you can read and understand.

*Most of these items can be found at your local grocery store, farm, Whole Foods, Thrive Market or other retailer.
Shop for grass-fed, pasture raised and organic foods when possible.
Check out Lilac Hedge Farm for meat. They deliver to select areas in MA.*

