



Nourishment for healing

Postpartum Meal Prep Guide

10 freezer-friendly recipes + grocery list to prep in your third trimester

Why Nutrition Matters Postpartum

Your body is healing, producing milk, and adjusting to new sleep patterns. These warming, nutrient-dense recipes support recovery, boost energy, and aid lactation. Prep them in your third trimester so healing meals are ready when baby arrives.

10 Freezer-Friendly Recipes

Lactation Overnight Oats

01

BREAKFAST

Ingredients: Oats, chia, brewer's yeast, flax, maple syrup, milk
Prep: Mix dry in jars. Add liquid night before. Thaw overnight.

Healing Bone Broth

02

RECOVERY

Ingredients: Bones, apple cider vinegar, onion, celery, carrots
Prep: Slow cook 24hrs. Freeze 2-cup portions. Sip warm daily.

One-Pan Salmon & Veggies

03

OMEGA-3S

Ingredients: Salmon, broccoli, sweet potato, olive oil, lemon
Prep: Portion raw on pans. Freeze flat. Bake frozen 400°F 25min.

Turkey Meatballs

04

PROTEIN

Ingredients: Ground turkey, oats, egg, spinach, Italian herbs
Prep: Form balls, freeze on tray, bag. Bake or add to sauce.

Veggie-Loaded Soup

05

COMFORT

Ingredients: Carrots, celery, zucchini, beans, tomatoes, broth
Prep: Cook fully and freeze portions. Reheat and serve.

Lactation Energy Bites

06

SNACK

Ingredients: Oats, peanut butter, honey, flax, chocolate chips
Prep: Mix, roll balls, freeze. Grab as needed from freezer.

Nourishing Quinoa Bowls

07

COMPLETE

Ingredients: Quinoa, roasted veggies, chickpeas, tahini
Prep: Cook components separately. Freeze or assemble fresh.

Slow Cooker Chicken Curry

08

DUMP & GO

Ingredients: Chicken, coconut milk, curry paste, sweet potato
Prep: Combine raw in bag. Dump in cooker 6-8hrs on low.

Black Bean Chili

09

IRON-RICH

Ingredients: Black beans, ground beef, tomatoes, peppers, spices
Prep: Cook fully, freeze portions. Top with avocado.

Smoothie Packs

10

QUICK

Ingredients: Spinach, banana, berries, nut butter, oats
Prep: Portion fruit/greens in bags. Add liquid and blend.

Master Grocery List

Proteins

- ☐ Ground turkey (3 lbs)
- ☐ Chicken thighs (4 lbs)
- ☐ Salmon fillets (2 lbs)
- ☐ Ground beef (2 lbs)
- ☐ Beef/chicken bones
- ☐ Eggs (2 dozen)

Produce

- ☐ Spinach (3 bags)
- ☐ Carrots (2 lbs)
- ☐ Sweet potatoes (5 lbs)
- ☐ Broccoli (3 heads)
- ☐ Onions, garlic
- ☐ Frozen berries
- ☐ Bananas

Pantry

- ☐ Rolled oats (2 lbs)
- ☐ Quinoa (1 lb)
- ☐ Black beans (4 cans)
- ☐ Diced tomatoes (4 cans)
- ☐ Coconut milk (2 cans)
- ☐ Brewer's yeast
- ☐ Chia, flax seeds

3rd Trimester Prep Timeline

Week 32-34

Stock Up

Purchase pantry items and containers. Make bone broth. Prep smoothie packs.

Week 34-36

Big Prep Day

Make meatballs, energy bites, chili, and soup. Freeze in portions.

Week 36-38

Final Prep

Assemble dump meals (curry, salmon). Stock oats jars. Label with dates.



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