

Ideas for Nutritious Snacks and Drinks for Pregnancy, Labour or After the baby!

Snacks

Quick and ready-to-go in the fridge

- Smoothies w. protein
- Salad in a jar, quinoa salad
- Baked tofu on toast w. miso & tahini spread
- Toast w. cheese, avocado & tahini
- Chia pudding, quinoa flake porridge, chia pudding
- Cheese & crackers
- Samosas
- Boiled eggs; egg muffins
- Apple w. almond butter/cheese/nuts

Ready in the freezer

- Burgers, quinoa patties
- Burritos: sweet potato & beans; black beans & corn; Annie's burritos
- Chickpea flax quinoa/kale muffins
- Spanakopita triangles [Costco]
- Energy bars/balls
- Adapted Rebar power sphere
- Vegan energy bars
- Iron-building "Bliss balls"
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Dried/packaged

- Chia seeds in a jar +/- sugar, dried fruit, nuts, coconut, etc ... add water/milk to make pudding
- Muesli ... add yogurt & honey at last minute
- Sachet of miso soup OR miso jar, add dried seaweed
- Annie's rice bowls
- Candied salmon jerky [Trader Joe's]
- Dehydrated seed jerky [Famous Foods]

Drinks

Dried or packaged

- Immune-boosting tea blend: sage, mullein, raspberry leaf
- Nettle tea
- Green tea
- Tea blend: lemon, ginger, honey
- Tea blend: nettle, basil, raspberry leaf
- Powergel packs in water
- Emergen-C
- Magsmart supps > drink mix
- D-manos in water
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Refrigerated

- Biotta juice
- Dairy kefir, water kefir
- Kombucha