7-Day Postpartum Meal Plan

This meal plan is designed for the early postpartum weeks to support recovery, breastfeeding, and overall nourishment. It's full of warming, easy-to-digest meals and snacks. Mum gets an extra lunch and plenty of snacks each day.

Feel free to look through and see what you like – you can swap things out or adapt it to suit your preferences.

Day 1

Breakfast: Creamy porridge with oats, chia seeds, stewed apple, cinnamon & sliced/ ground almonds. Drizzle of maple syrup

Apple Cinnamon Oatmeal (Porridge) | My Weekend Kitchen

Lunch (both): Chicken and rice soup with bone broth, carrots, celery & herbs. Warm buttered bread on the side

Chicken and Rice Soup - Dinner at the Zoo

Extra lunch for Mum: Soft scrambled egg on toast with slow-roasted tomatoes

Scrambled eggs & slow-roast tomatoes on toast recipe | Good Food

Supper: Lamb and apricot tagine with fluffy couscous and sautéed greens

Lamb, apricot & chickpea tagine recipe | Sainsbury`s Magazine

Snacks:

Dates with almond butter

Creamy Almond Butter Dates: Your Next Go-To Snack

Oat & banana lactation cookies

Banana Oatmeal Breakfast Cookies (Lactation Friendly) • Kroll's Korner

Day 2

Breakfast: Bircher Muesli with grated apple / pear, yoghurt, soaked seeds & nuts

Jamie Oliver's Bircher Muesli Recipe - British Recipes Hub

Lunch (both): Salmon and sweet potato fishcakes with soft-cooked veg of choice

Easy Salmon & Sweet Potato Fishcakes recipe - Home Style Cooks

Extra lunch for Mum: Lentil and roasted red pepper soup with buttered bread of choice

Roasted Red Pepper and Lentil Soup -

Supper: Stir-fried beef with ginger, garlic, spice and veg. Serve with brown rice

Ginger Beef Stir Fry - Ready in 30 Mins!

Snacks:

Trail mix, rice cakes with soft cheese.

Banana-oat-almond smoothie

How to make a Banana, Almond and Oat smoothie - The Simpler Kitchen

Day 3

Breakfast: Scrambled eggs on toast with grilled mushrooms and halloumi

Vegetable and halloumi scrambled eggs

Lunch (both): Quinoa pilaf with roasted butternut squash, onions & feta

Squash and feta quinoa | Greek Recipes | GoodtoKnow

Extra lunch for Mum: Leftover tagine or avocado toast topped with poached egg

Avocado Egg (Poached) Toast | The Adventure Bite

Supper: One-pot chicken stew with barley, leeks, mushrooms, carrots & thyme

Easy Chicken Leek and Barley Stew - Farmersgirl Kitchen

Snacks: Greek yoghurt with honey & walnuts. Stewed apple. Olives and oatcakes.

Day 4

Breakfast: Overnight oats with stewed berries, flaxseed & almond milk (served warm)

8 Overnight Oats with Flaxseeds and Berries Recipes: Healthy

Lunch (both): Grilled chicken & sweet potato nourish bowl with tahini dressing.

Grilled Chicken & Sweet Potato Bowl Recipe | Omg Make This

Extra lunch for Mum: Soft-boiled eggs with toast soldiers and a cup of bone broth.

Supper: Mild prawn curry with coconut milk, spinach & basmati rice.

Prawn Coconut Curry with Basmati Rice

Snacks: Energy balls, oatcakes with hummus, warm turmeric milk.

Day 5

Breakfast: Warm cinnamon rice pudding with raisins and coconut milk.

Easy Cinnamon Raisin Rice Pudding

Lunch (both): Savoury muffins (cheddar, courgette, herbs) + warming lentil soup.

Cheesy courgette muffins — Tesco Recipes - Tesco Groceries

Hearty Warm Lentil Soup (So Easy to Make) | We Are Recipes

Extra lunch for Mum: Leftover chicken stew or soft cheese on warm toast with honey & thyme.

Easy Chicken Leek and Barley Stew - Farmersgirl Kitchen

Supper: Baked cod with lemon & parsley, steamed new potatoes ad summer greens.

Cod with lemon & parsley crust & summer greens recipe | Good Food

Snacks: Baked pear with yoghurt, seeded flapjack, milky tea and banana.

"Baked" Pear Yogurt - Slender Kitchen

Seeded Flapjacks — MyDish

Day 6

Breakfast: Sourdough toast with almond butter, banana slices & hemp seeds.

Lunch (both): Lentil shepherd's pie with buttered cabbage.

Lentil shepherd's pie recipe - BBC Food / Buttered Cabbage

Extra lunch for Mum: Miso chicken noodle bowl with umami broth

Healthy Miso Chicken Noodle Bowls with Umami Broth

Supper: Turkey meatballs in tomato sauce with soft polenta and grated cheese.

Turkey Meatballs With Polenta And Tomato Sauce

Snacks: Stewed rhubarb & custard, rice cakes with peanut butter, mug of miso broth.

Stewed rhubarb recipe - BBC Food

Day 7

Breakfast: Shakshuka with soft eggs, served with warm flatbread.

Shakshuka & Lebanese Flatbread Breakfast Recipe | Deli Kitchen

Lunch (both): Leftover roast chicken in a toasted wrap with soft sautéed onions & garlic yoghurt.

Extra lunch for Mum: Carrot, lentil & ginger soup + buttered toast fingers.

Carrot Lentil Ginger Soup - ShortGirlTallOrder

Supper: Slow-cooked beef, carrot & parsnip stew

One-Pot Beef, Carrot & Parsnip Stew

Snacks: Warm spiced milk and honey, cheese and oatcakes, date and walnut loaf.

Spiced Warm Milk and Honey Drink: Cozy Winter Comfort

Date and Walnut Loaf Recipe - Baking with Granny®