

Medical Bariatrics of Lexington

NURSING MOTHERS

This meal plan is intended for nursing mothers with babies at least two months old.

- ❖ 1500 calories **must** be consumed daily.
- ❖ DO NOT lose more than two pounds a week.

Food Groups	1500-Calorie Meal Plan
Protein Meals	3
Vegetables	At least 5 servings per day (No more than 2 fruits.)
Fruits	
Dairy	3
Whole Grains	2
Meat/meatless protein	2
Fats	2
Discretionary Calories	<100 calories

Medical Bariatrics of Lexington

Sample Meal Plan

Breakfast:

Cereal: 1 cup bran flakes
½ Cup fresh strawberries
8 oz. low-fat or fat-free milk

Mid-morning:

MBL Protein Bar
1 peach

Lunch:

MBL Chicken Noodle Soup
1 Cup salad greens topped with
½ Cup mixed sliced tomatoes and
cucumbers and 1 Tbsp. reduced-fat
Salad dressing.
½ Cup blueberries

Mid-Afternoon:

1 cup low-fat or fat-free cottage cheese
1 medium apple
3 cups popped plain popcorn

Dinner:

4 oz grilled salmon
½ cup steamed broccoli
½ medium baked sweet potato
topped with 1 tsp. trans fat-free
margarine.
8 oz low-fat or fat free soy milk

Evening:

MBL Chocolate Pudding

eds.