

DAIRY-FREE BREASTFEEDING MEAL TEMPLATE

	MONDAY	TUESDAY	WEDNESDAY
BREAKFAST	<u>PEANUT BUTTER BAKED OATS</u>	<u>FLUFFY DAIRY-FREE PANCAKES</u>	<u>COOKIE DOUGH OVERNIGHT OATS + FRUIT</u>
SNACK	<u>2 BLUEBERRY MUFFINS + FRUIT</u>	<u>SALTED CARAMEL PROTEIN SHAKE</u>	<u>PEANUT BUTTER CHIA PUDDING</u>
LUNCH	CHICKEN WRAP WITH SALAD	<u>BEEF & BROCCOLI ON RICE</u>	STEAK FROM FAJITAS ON SALAD
SNACK	<u>YOGURT PARFAIT</u>	<u>CHOCOLATE STICKY PUDDING WITH FRUIT</u>	<u>2 BLUEBERRY MUFFINS + FRUIT</u>
DINNER	<u>BEEF & BROCCOLI ON RICE</u>	<u>SHEET PAN FAJITAS</u>	<u>ONE POT CHICKEN ALFREDO</u>

