



Wellness Mama's Guide:

HEALTHY PREGNANCY

**Nutrition, Supplements, &
Lifestyle for Your Healthiest
Pregnancy and Birth!**

Hi!

Thanks so much for reading my blog and for helping me support this great project!

If you haven't heard my personal story, I had an undiagnosed placenta previa (placenta blocking the birth canal) with my third child. What was supposed to be a peaceful natural birth suddenly became a hemorrhage and emergency c-section that took a toll on baby and my body.

After an emotionally and physically rough recovery (including a horrible allergic reaction to one of the medications that left me itching all over and unable to take anything to help since it would interfere with my milk coming in), I realized that I was still one of the lucky ones by a long shot!

It was hard to realize that in most place in the world, my baby and I would not have survived that situation and that many women die throughout the world daily from much less serious complications due to lack of basic medical care.

My experience inspired me to parter with Joule Birth, an organization working to bring basic medical supplies, alternative energy and midwife/doctor training to remote areas of the world. Things that we take for granted here, like clean water and basic sterile instruments, can be absolutely lifesaving in these places.

100% of the proceeds from this e-book go to help Joule Birth's efforts to bring this lifesaving care worldwide. I truly appreciate your support and your desire to help with this great cause! You are the best!

Warmly,

Katie "The Wellness Mama"

Part 1:

Nutrition, Supplements and Lifestyle Factors

Pregnancy:

Oh, pregnancy... that wonderful time when everyone offers unwanted advice and your body changes in ways you didn't know possible. Since I've been through the pregnancy and birth gig five times ([read about my previous pregnancies here](#)), I thought I'd share some of the things that were most helpful to me. If you're pregnant, you are probably getting advice from the grocery store cashier, relatives, and complete strangers, so why not? I am not a doctor, midwife or medical professional, just another mom who has been there too (and a doula)!

Healthy Pregnancy Begins Before Conception

From experience, I know that the best time to begin a healthy pregnancy regimen is before you conceive. Having a [strong nutritional system in place not only increases your odds of healthy conception](#), but will also help your body handle the transitions of early pregnancy without all the discomfort.

Having [positive dietary and lifestyle habits in place](#) will also help minimize the discomforts of pregnancy and make sure baby is getting optimal nutrition as well.

Pregnancy Nutrition

Ensuring optimal nutrition during pregnancy is one of the best gifts you can give your baby. Doctors warn of the foods to avoid (cold cuts, excess caffeine, soft cheeses, alcohol, etc) but few give detailed advice on what optimal pregnancy nutrition should look like.

I certainly had to navigate these waters myself during my first few pregnancies, and I've noticed that as my diet and health have improved, my pregnancies have gotten much easier.

Unfortunately, for many women, eating the best diet for baby during pregnancy requires forgetting all the conventional wisdom they've ever been told on health eating.

Low fat diet- not good!

“Healthy whole grains” – not so good either!

Keeping blood sugar stable with little carb snacks all day- not really!

A woman’s body is quite literally building an entire human being during pregnancy, and as such, she needs a lot of quality sources of all the things needed to support the human body- mainly proteins, fats, vegetables and fruits, and certain supplements she can’t adequately get from food.

Foods to focus on during pre-conception, pregnancy and breastfeeding:

- **Protein:** Most women need 80+ grams of protein every day for healthy pregnancy. Some research shows lower risk of preclampsia and other complications with adequate protein, and some women report less morning sickness when they consume this much protein.
- **Fats:** This is often the biggest hurdle for many women, but consuming adequate fats is absolutely vital to baby’s organ and brain development. Women should focus on healthy sources like meat (including red meat), butter, eggs, olive/oil, coconut/oil, nuts, limited dairy, etc
- **Vegetables and Fruits:** Vegetables and fruits have a variety of vitamins, minerals and fiber that are helpful during pregnancy. Eating a varied diet including a lot of green leafy vegetables can also help raise Vitamin K levels.
- **Water:** A woman’s blood volume actually increases during pregnancy and her body has to supply fluid to replenish the amniotic fluid the baby is in. Drinking enough water (usually around a gallon a day) can help fight off morning sickness and also helps prevent constipation and make sure mom and baby are properly hydrated.

Foods to avoid during pre-conception, pregnancy and breastfeeding:

- **Caffeine:** There are a lot of conflicting opinions on if caffeine is safe during pregnancy and if so, how much. It certainly isn’t necessary, and is

best avoided. If you do consume caffeine, limit to one cup a day and not from soda.

- **Processed Foods:** With up to [200 chemicals found in the umbilical cord blood of some babies](#), there is certainly good reason to avoid any unnecessary chemicals in foods or environment. Processed foods also offer little nutrition and can lead to constipation and blood sugar instability (which can cause morning sickness).
- **Vegetable Oils and Fats:** As I've explained before, [vegetable oils and other omega-6 fats are foreign to the body and there is no need for them. They have even been linked to cell mutation and cancers](#), and should especially be avoided by pregnant women due to the rapid cell development of the unborn baby.
- **Grains and Sugars:** Grains and sugars are certainly not the most nutrient dense food choices, and in some people, [they can even cause health problems](#). Pregnant women should focus on the most bioavailable and dense sources of nutrition, which means choosing meats, fats and vegetables/fruits over grains, sugars and baked goods.

Supplements For Healthy Pregnancy

Supplement needs can vary by woman, and all supplements should be approved by a doctor or midwife to ensure safety during pregnancy. In general, pregnant women have higher nutrient needs and often supplements are the only way to get adequate nutrients.

These basic supplements are ones that are often beneficial during pregnancy:

- **Probiotics:** Best obtained from high quality supplements, fermented foods, and beverages like water kefir and kombucha. Since a baby is born with a sterile gut and then has his or her gut bacteria begin to develop based on the beneficial (or not) gut flora of the mother this is an important factor! Adequate probiotics can also help reduce the risk of Group B strep, and have even helped get rid of Group B strep before delivery when probiotic supplements or organic plain yogurt are used vaginally.
- **Omega-3s, DHA, RHA-** Adequate good fats are absolutely essential for baby's development and it is difficult to get enough from diet. Supplementing high quality sources of these fats can help reduce risk of complications and give baby the necessary nutrients for good development. I get mine from [Fermented Cod Liver Oil](#).
- **Vitamin D-** This [article](#) reports that "Compared to women who took 400 IU of vitamin D daily, those who took 4,000 IU were half as likely to

develop gestational diabetes, pregnancy-related high blood pressure, or preeclampsia, Wagner says. They were also less likely to give birth prematurely.” Vitamin D needs vary, but many doctors are now suggesting at least 4,000 IU and up to 10,000 IU a day. This can also be obtained from [Fermented Cod Liver Oil](#).

- **Folate**- Well known for its preventative effects against spina bifida and other developmental struggles, folate is another important supplement. The current recommendation is 400 micrograms, though many doctors recommend 2,000 micrograms or more for optimal development, and [folate](#) is water soluble and difficult to overdose.
- **Iron**- Anemia can cause serious complications during delivery, and is easy to prevent. If blood tests show that iron levels are low, iron supplements may be necessary, but things like cooking with cast iron pans, eating red meat/ grass fed liver and eating a variety of fats and vegetables can help optimize iron levels. I personally much prefer to get this from food rather than supplements.

What I Take:

Even with the most solid diet, it is difficult to make sure that you're getting enough nutrients for both you and baby. While I don't recommend going wild with the supplements, there are a handful that have been shown to help with pregnancy, delivery, nursing and baby's health. These are what I personally take:

[Folate](#)- This supplement folic acid is commonly recommended, but there is substantial difference between folic acid (the synthetic form) and [folate](#) (the natural form). This [article explains the difference in detail](#). The dosage is also slightly different, and some sources recommend as much as 1200 mcg of folate per day for maximum benefit. This amount should include the amount in multivitamins and any additional [folate supplement](#) (be sure to check multivitamins, as many contain the synthetic form!). [Folate](#) is one supplement that has been extensively studied for use in pregnancy and is [extremely effective at preventing neural tube defects](#). It is also very inexpensive and easy for every pregnant woman to take.

[Prenatal Multivitamin](#)- There is some debate on if a full multivitamin prenatal is necessary during pregnancy or not. While I don't routinely recommend taking a multivitamin, pregnancy and nursing is one exception. A deficiency in a vitamin or mineral won't make a tremendous, immediate impact on an adult in most cases, but during the intensive developmental phases of pregnancy, a nutrient

deficiency can have lasting consequences for baby. A high quality prenatal is an “insurance policy” or sorts to guard against deficiencies but should accompany a high nutrient diet! Many prenatals contain iron, though this isn’t necessary if you are consuming red meat from healthy sources and organ meats.

Omega 3s and Healthy Fats- I take [Fermented Cod Liver Oil](#) all the time, but especially when pregnant or nursing. It helps balance out Omega ratios, provides necessary fats for baby’s brain development, and guards against inflammation. It also seems to make recovery after delivery go much faster (probably due to the anti-inflammatory properties). The high vitamin butter oil is obtained from cows eating rapidly growing green grass, and contains Activator X, as discovered by Weston A. Price. Not only is this superb for baby’s development, but there is some information showing that it helps get baby’s vitamin levels (especially Vitamin K) after birth. This is also [now available in capsule form](#), which makes it more palatable in early pregnancy. These are especially important during the third trimester when brain development is at its peak. Since it can help thin blood, I taper off for the last few weeks before delivery.

[Probiotics](#)- These are critical, especially during pregnancy. Babies are born with a completely sterile gut and they culture their beneficial gut bacteria from what they receive from mom when passing through the birth canal and from nursing in the months afterward. Quality probiotics ([I take these](#)) help ensure that baby will get a good dose of beneficial bacteria, which can reduce risk of ear infection and illness in the first few years. Good gut health also has a tremendous impact on lifelong health, and this is one of the most important things you can do for your baby’s health. Probiotics also help mom avoid illness and constipation during pregnancy, and might reduce the risk of Group B strep. Since baby’s gut bacteria continues to culture during the nursing time, it is good for mom to continue to take probiotics during this time as well.

[Vitamin D3](#)- There is a lot of emerging research that Vitamin D can help reduce the risk of many pregnancy related complications including gestational diabetes. It is important for baby’s bone and hormone development and helps support mom’s immune system during pregnancy. Some research suggests that nursing babies may be able to obtain Vitamin D from the mother’s milk if mom is getting more than 5,000IU/day. I take 5,000 IU/day while pregnant or nursing, unless I’m able to get 30 minutes or more of midday sun. For supplementation, only Vitamin D3 should be taken and one should test blood levels of vitamin D to make sure levels don’t get too high. This is also not usually needed if taking [Fermented Cod Liver Oil](#) or getting sunlight daily.

Magnesium- I take magnesium all the time, but it is especially beneficial in pregnancy. Severe magnesium deficiency can lead to [poor fetal growth, preeclampsia or even fetal death](#). Proper magnesium levels also help mom's tissue growth and recovery during pregnancy and may help baby receive more nutrition through the placenta. It is [very difficult to get enough magnesium from food sources anymore](#), so I typically recommend [magnesium oil on the skin, Natural Calm](#) in the evening before bed, or [an ionic supplement](#). In total, a pregnant woman shouldn't exceed 500 mg from all sources unless severely deficient.

Coconut Oil- During pregnancy and nursing, I take 1/4 to 1/2 cup coconut oil in smoothies or tea daily as a supplement in addition to cooking with it. It is naturally immune boosting, supportive of baby's brain development, and contains many of the components of breast milk to support nursing as well.

Herbs During Pregnancy

Consult with a qualified herbalist, midwife or doctor before taking any herbs during pregnancy! This chart gives a basic [breakdown of herbs that are helpful, and ones that should be avoided](#).

If your doctor or midwife approves, some herbs can be very beneficial during pregnancy. My favorite is to make a strong tea that I drink throughout pregnancy using the following herbs:

- [Red Raspberry Leaf](#) (4 parts)
- [Nettle Leaf](#) (1 part)
- [Alfalfa Leaf](#) (1 part)
- [Peppermint](#) (1 part or less)- optional

I blend these dried herbs and make a strong tea by putting 3/4 cup or more in a large glass jar and filling with boiling water and letting sit overnight. I strain, and keep iced in the fridge.

Why These Herbs?

[Red Raspberry Leaf](#):

Red Raspberry Leaf: it is an all-around excellent herb to use for pregnancy. It is a uterine tonic, anti-abortion, and helps prevent infection. Aids in preventing cramps and anemia. Prevents excessive bleeding during and after labor and will facilitate the birth process by stimulating contractions.

[Peppermint](#):

Peppermint: after the first trimester, may be used to help digestion, soothe the stomach and overcome nausea. It is an all-over body strengthener and cleanser.

[Alfalfa Leaf](#) and [Nettle Leaf](#):

Can will guard against excessive bleeding as they have vitamin K; will improve kidney function and help prevent hemorrhoids.

Weston A. Price Diet for Pregnancy and Nursing:

The [Weston A. Price Foundation](#) offers more detailed suggestions for diet during pregnancy and nursing, and I follow many of their guidelines, though I don't include the grains in any form and am not always able to consume that much raw dairy. From [their website](#):

- “[Fermented Cod Liver Oil](#) to supply 20,000 IU vitamin A and 2000 IU vitamin D per day
- 1 quart (or 32 ounces) whole milk daily, preferably raw and from pasture-fed cows
- 4 tablespoons butter daily, preferably from pasture-fed cows

- 2 or more eggs daily, preferably from pastured chickens
- Additional egg yolks daily, added to smoothies, salad dressings, scrambled eggs, etc.
- 3-4 ounces fresh liver, once or twice per week (If you have been told to avoid liver for fear of getting “too much Vitamin A,” be sure to read [Vitamin A Saga](#))
- Fresh seafood, 2-4 times per week, particularly wild salmon, shellfish and fish eggs
- Fresh beef or lamb daily, always consumed with the fat
- Oily fish or lard daily, for vitamin D
- 2 tablespoons coconut oil daily, used in cooking or smoothies, etc.
- Lacto-fermented condiments and beverages
- Bone broths used in soups, stews and sauces
- Soaked whole grains
- Fresh vegetables and fruits

AVOID:

- *Trans* fatty acids (e.g., hydrogenated oils)
- Junk foods
- Commercial fried foods
- Sugar
- White flour
- Soft drinks
- Caffeine
- Alcohol

- Cigarettes
- Drugs (even prescription drugs)”

Nutrition Recap:

Each woman’s dietary and nutrient needs will vary, but as a general rule, a nutrient-dense diet is the most important factor in her ability to get enough vitamins and minerals during pregnancy.

A good pregnancy/nursing diet includes:

- **Lots of high quality protein** from high quality sources like grass-fed beef, free-range poultry and eggs, and wild, caught, sustainable seafood (smaller fish preferable). Organ meats from grass fed sources are also wonderful for pregnancy and nursing and can help reduce the chance of anemia.
- **Large amounts of vegetables, especially green ones!** Green veggies have folic acid, which is important for fetal growth, and are also high in many other nutrients. They help prevent the constipation that can sometimes occur during pregnancy, and are great for making sure nursing moms are getting enough vitamins.
- **Healthy Fats galore!** Pregnancy and nursing are not times to skimp on healthy fats. Quality fats are absolutely vital for baby’s brain development, organ and tissue growth, and good milk production for mom. Sources like healthy meats, coconut oil and coconut products, olive oil, avocados, and nuts are especially good during pregnancy (peanuts are not nuts!).
- Other high nutrient foods like homemade bone broth, soups, fermented vegetables like homemade sauerkraut, fruit (especially berries) and green smoothies are also great for pregnancy and nursing.

Things to Avoid:

Just as deficiency of some things can be dangerous during pregnancy, consumption or contact with other things can be harmful to a developing baby. In general, these are things to avoid during pregnancy (not a complete list... do your own research):

- Artificial sweeteners
- MSG or chemical additives
- Diet Sodas or foods
- Vegetable Oils and trans fats
- Any herbs, drugs or medicines without approval from your midwife or doctor
- BPA and plastic containers
- aluminum in antiperspirants ([make your own](#))
- high fructose corn syrup
- sugars or sweeteners
- artificial dyes or colors in food
- chemicals in laundry detergent, personal care products and household cleaners

Note: I've included a full meal plan and shopping list at the end of this e-book to make eating optimally a little easier.

Pregnancy Testing & Procedures

There are many routine test and procedures that often accompany pregnancy. These are topics that I researched extensively when I was expecting my first and have continued to research throughout my pregnancies, so I have shared my opinions and research below. I've also [written in depth about my own pregnancy](#) and birth experiences and how I've come to my opinions. I am not a doctor or midwife and you should always consult with yours before making any decisions during pregnancy.

Personally, while I often feel that some tests and procedures are not needed, I still consent to some of them to make my doctor/midwife more comfortable and more willing to agree to my non-intervention approach to birth and after care. I think that each option should be carefully researched and weighed by an individual couple after taking in to account their specific circumstances.

Prenatal Vitamins Or Not?

Typically, prenatal vitamins are recommended during pregnancy. While these are certainly beneficial for many people, especially those who aren't getting adequate nutrition from diet, but I don't usually take them for several reasons:

- Most contain synthetic forms of Vitamin A and other vitamins that are not only not beneficial during pregnancy but can also be harmful
- As I've mentioned before, [you can't out supplement a bad diet](#), and while some high quality vitamins can fill in the gaps from a poor diet, they won't take the place of it and can give a false sense of health
- I personally notice that I feel better when I take certain isolated nutrients instead and concentrate on an extremely nutrient rich diet

As I said, this is something that is very individualized, but during pregnancy, I take:

- 1-2 teaspoons of [fermented cod liver oil](#) daily for the vital fat soluble vitamins

- Consistent daily [magnesium intake](#) before and during pregnancy ([this post explains what I used](#)) This is also supposed to help with labor- I'll let you know!
- Daily [bone broth](#) for the minerals and gelatin
- 800 micrograms of folate (not folic acid!!! it is synthetic) daily before and during the first trimester ([this is the one I take](#))
- Lots of [probiotics](#), fermented food, and fermented drinks daily since baby inherits my gut bacteria. This is vital!
- a very high nutrient diet that I consider non-optional. I mostly follow the [Weston A. Price pregnancy diet](#) except that I eat sweet potatoes and squash in place of sprouted grains.

First Visit Blood Tests/ Pap Smear

Though I don't find much of a need for these personally, I agree to them anyway. I monitor by blood levels and check my Vitamin D levels regularly, so I already know that I am not anemic and after five pregnancies with the same person (my husband), I am also relatively confident that I do not have an STD.

The reason I consent is because I refuse some of the routine after-birth options like antibiotic eye drops and then have proof that I don't have an STD that could be passed on to baby. (more on that later).

These tests are often unnecessary, but can also reveal important information (like rH problems) and have no downside so I don't mind them.

Ultrasounds/Dopplers for Heartbeat

There is some controversy about the safety and necessity of ultrasounds and regular checks for baby's heartbeat with a doppler. [This article outlines some of the potential dangers](#) in ultrasounds especially multiple or unnecessary ones. While I opt out of routine ultrasounds or those to check the size of the baby (which are not accurate anyway), I do consent to one 20-week ultrasound in my specific case.

My reason for agreeing is that I had placenta previa with my third that was not caught, despite an ultrasound and I hemorrhaged and could have died at 35

weeks gestation (we are both fine now). Since the risk of placenta previa is slightly higher if you've already had it, the risks of one ultrasound are less to me than another potential undiagnosed placenta previa. I would not consent to other ultrasounds to diagnose size, gender, etc.

In non-high risk cases, no ultrasounds may be needed and a mother should carefully research and weigh the options for her pregnancy. Most experienced midwives and doctors are able to feel size, position and movement of the baby without the need for ultrasounds unless there is a specific risk.

Dopplers (the instrument used to hear the baby's heartbeat) come with their own set of concerns and some doctors prefer not to use them because they do pass on some radiation. As this [article](#) explains:

“According to the U.S. Food and Drug Administration, fetal Dopplers are not intended for over-the-counter use. The radiation used during a Doppler session has the potential to cause harm to the baby. You should only use a Doppler in your doctor's office or under your doctor's supervision. If you chose to use one at home, get a prescription from your doctor first. A Doppler should not be used when the number or lengths of sessions are not specified and should only be used when it is medically useful.”

I've had midwives with differing opinions on this and I prefer to avoid dopplers for the most part. I will sometimes consent to one very quick check for a heartbeat to satisfy the midwives at a first appointment, but then once it is possible (3-4th appointment usually) I ask them to use a fetoscope instead. Most doctors and midwives have a fetoscope and are able to do this if asked.

In labor, I will consent to doppler checks to monitor baby occasionally if it removes the need for constant monitoring and being tethered to my bed (oh the joys of v-bacs!)

Urine Tests

I consent to urine tests when indicated by my midwife/doc because they are non-invasive and test for sugars or ketones in the urine which can both be signs of problems, especially when paired with other symptoms like blood pressure changes, rapid weight gain, headache, etc.

If a urine test revealed a problem, I would seek additional testing (blood or otherwise) to confirm before consenting to any treatment.

Blood Pressure Checks

Another non-invasive test that I agree to as high blood pressure in pregnancy can be very dangerous and it would be better to find an elevated blood pressure as soon as possible and attempt to treat naturally if possible, or to get medical treatment to avoid a pre-term delivery if needed. High blood pressure, especially paired with other symptoms, can signal preeclampsia, a very dangerous condition.

Internal Exams

I completely refuse internal exams (cervix checks) and only consent during labor when I feel the urge to push (mainly to pacify the midwife, not for me). There is really no information that an internal exam can reveal that is useful or relevant in prenatal care before labor. It is a chance for external bacteria to enter the vaginal area and baby's size, position, etc can be determined with an external exam.

Many women like to know how far dilated they are at the end of pregnancy in hopes of knowing when they will go in to labor. Unfortunately, this is a notoriously inaccurate test for when labor will begin. I personally know women who were not dilated and effaced at all and delivered less than 24 hours later, as well as women who walked around at 3-4 cm for weeks.

Without a specific need, I always refuse internal exams... plus, it makes prenatal appointments easier and faster to not have to disrobe at every appointment. [Here is an article detailing the risks and why one might refuse these.](#)

Glucose Test

I do not consent to the normal glucose screening test that involves drinking 50 grams of a glucose solution for several reasons. First, there is no situation during pregnancy in which I would ever consume that much sugar/carbohydrates in one sitting, so the test is not accurate for me. There is a risk of false positive, which leads to another, longer test.

That being said, I do think it is important to make sure I don't have blood sugar issues or gestational diabetes, as they can both cause complications. Instead, I monitor my blood sugar over a period of a week at two separate times during pregnancy and record it for my doc/midwife to check. I take my blood glucose levels four times a day and record. [This article](#) explains more on what the normal levels should be, but basically:

- Fasting blood glucose (first thing in the morning) of 86 or lower
- 1 hour after eating= 140 or lower
- 2 hours after eating= 120 or lower
- 3 hours after eating= back to fasting level

There can be some variation in this, but the majority of my readings should be in these ranges. I do this at 28 weeks and 33 weeks (my preference) to make sure my levels are good. Another reason I prefer this is that it is a more comprehensive view of glucose tolerance and I even get to see what foods cause higher spikes for me personally and which don't affect it as much at all. I've also found through this testing that adding 1 tablespoon of coconut oil before each meal helps my glucose reactions improve and get back to baseline more quickly, so I would use this if I ever needed to control my levels.

Many doctors may not be familiar with this and I have had to suggest it to a doctor before and let him research it before he agreed to it. With anything I do that goes against the norm, I make sure to present it in a friendly and firm way and show that I've done my research and explain why I feel it is a better option. This is one thing I'd encourage you to research for yourself if you consider it, and talk to your doc/midwife about the best option for you.

Personally, I use [this monitor](#) and [these strips](#) because they are inexpensive and readily available, but any reliable monitor would work.

Optional Screening During Pregnancy

There are various optional screenings that can be done during pregnancy including:

- “Chorionic villus sampling (CVS) tests the tissue around baby to see if he/she has a genetic condition. Typically done between 10 and 12 weeks of pregnancy. Your provider may want you to have CVS if you’re older than 35, if genetic problems run in your family, or if your first-trimester screening shows that your baby is at increased risk for birth defects.
- Cystic fibrosis (CF) carrier screening. Tests to see if you have the gene that causes CF. CF is a disease that affects breathing and digestion. If you and your partner have the gene, you can pass CF to your baby. You and your partner can have this test any time during pregnancy.
- **First-trimester screening.** Tests your blood to see if your baby is at risk for some birth defects, like Down syndrome and heart defects. You get an ultrasound as part of this test. The test usually is done at 11 to 13 weeks of pregnancy.
- **Maternal blood screening.** Tests your blood to see if your baby is at risk for some birth defects, like Down syndrome and heart defects. The test is done at 15 to 20 weeks of pregnancy.
- Amniocentesis. Also called amnio. Tests the amniotic fluid from around your baby to see if he has a genetic condition, like Down syndrome. The test usually is done at 15 to 20 weeks of pregnancy. Your provider may want you to have an amnio for the same reasons as for CVS.”

I refuse all of these tests. They all have some risk of a false positive, which can cause needless worry for the parents and they provide information which is really irrelevant to me. As one reader put it, one must consider “what you would do with the information.”

Finding out that my baby had any of these problems would not affect my decisions about my pregnancy and I would certainly never consider not continuing the pregnancy, so this is simply not information I need to know and it could cause needless worry... I skip it.

Group B Strep

Pregnant women are generally screened for Group B Strep or GBS at 25-37 weeks gestation. It can be a life threatening infection if a baby contracts it from a mother during birth, so it is certainly best to avoid GBS, and the usual method is a GBS test and antibiotics during labor if necessary. There is some controversy over if GBS testing actually improves outcomes in GBS cases, and even more controversy over if routine use of antibiotics for all those with GBS is necessary.

Mothers are often tested for Group B Strep in the third trimester of pregnancy and if they are positive, are usually given antibiotics during labor. I tested positive for GBS in my fourth pregnancy, though I eradicated it and tested negative before the birth, and then I tested negative in my next pregnancy. As there is a very small chance of serious and life threatening complications for baby in GBS positive moms (even with antibiotic use), I wanted to share what worked for me in hopes it would help other women avoid this risk to baby. This is just my experience and is not intended to be medical advice.

For more information on the risks associated with GBS and with antibiotic treatment, [check out this well-researched article](#) or [this one from Mothering.com](#). This page provides a [compilation of a lot of research on GBS and antibiotic use](#).

Natural Remedies for GBS

GBS certainly has the potential to be serious and shouldn't be ignored, but antibiotics carry their own risks and can cause problems as well. Especially with [all the emerging research](#) about the transfer of gut flora and immunity from mother to baby during delivery, it would definitely be preferable not to take antibiotics if it can be avoided.

The good news is, at least in my case, GBS can be gotten rid of or prevented with natural remedies.

As GBS occurs naturally in the digestive track for some people, I felt it was important to treat the digestive track as a whole when working to eliminate GBS instead of just focusing on the genital area. A probiotic rich diet is beneficial for overall health, and I also found it helpful in getting rid of GBS.

When researching, I found the following advice for treating/preventing GBS:

- Eating a probiotic rich diet including things like [Kombucha](#), [Water Kefir](#), Yogurt, [Sauerkraut](#) and other fermented foods to help create a healthy gut environment.
- Taking a probiotic supplement and using it vaginally (I [used this one orally daily](#) and vaginally every day or two).
- Consuming [garlic capsules](#) or raw garlic cloves daily.
- Consuming [Coconut Oil](#) for its naturally antiviral properties.

- Using plain organic yogurt vaginally to help balance bacteria.
- Taking [Vitamin C](#) daily.
- Using a Chlorhexidine rinse vaginally before and during labor. ([This is the usual protocol](#))
- Consuming raw apple cider vinegar daily and using it as a diluted rinse.

What I Did That Worked:

With my fourth pregnancy, I tested positive at 35 weeks and then was able to test negative at 37 weeks. What I did during that time (and what a friend did successfully after testing positive very early in pregnancy) that worked:

- Took 2,000 mg of [Vitamin C](#) in divided doses each day
- Consuming 2 cloves of raw garlic each day by finely mincing them and drinking them down with water
- Consuming at least 1/4 cup of [coconut oil](#) daily for its antibacterial/antiviral properties
- Using a diluted apple cider vinegar rinse vaginally each day
- Taking 6+ [probiotic capsules](#) a day
- Consuming large amounts of fermented foods and drinks
- Using a garlic clove vaginally for one night (anecdotal evidence supports that this is very effective)

In my next pregnancy to prevent GBS to begin with, I followed a protocol that is recommended by a midwife I know (and she is yet to have a case of GBS when a mom is following this):

- Taking a [high quality probiotic daily](#) (I took 2-4 of these) and occasionally using them vaginally.
- Taking 2,000 mg of [Vitamin C](#) daily
- Taking [garlic capsules](#) daily

Kick Counts

Many thanks to a brave reader for stressing the importance of checking kick counts, especially if baby is moving less or if there is concern! Especially in the third trimester of pregnancy, this is an easy and non-invasive way to double check the baby is doing well.

Basically, you just want to ensure that you feel some type of fetal movement within a 2-hour stretch. This doesn't mean that you have to be constantly kicking, but just that at some point during the day you check to make sure you are feeling movement. A decline in fetal movement can indicate fetal distress or a cord wrapped around the neck and this information can be life saving for baby if found early enough.

[This article explains how to do kick counts.](#)

The bottom line...

Whatever a couple decided on pregnancy and prenatal care options, I think it is very important to research individually and not agree to or refuse any test without researching both sides first. While it can be hard to go against the norm, especially under pressure from a doctor, we (as mothers) must remember that ultimately we have the responsibility for our pregnancies, our health and our babies. We have the right to refuse or consent to any procedures and we certainly have the right to make an informed decision!

Pregnancy Reading List

Natural birth is an amazing, life-changing experience that often can't be put in to words, but it often takes preparation and knowledge. [From experience](#), I know that fear and tension can make natural birth a scary and strictly painful experience, rather than the difficult but empowering accomplishment it is meant to be.

The following are some (of the many) pregnancy and natural birth books that I read that were instrumental to me in making my 26 hour natural labor an experience I look back on fondly. If you are considering natural birth, I highly encourage these books.

[*Ina May's Guide to Childbirth*](#) by Ina May Gaskin- Highly recommended, an excellent blend of birth stories and practical advice from the most well-known midwife in the country. It does contain graphic images of birth.

[Your Best Birth: Know all Your Options, Discover the Natural Choices and Take Back the Birth Experience](#) by Ricki Lake and Abby Epstein- Highly Recommended. This book came as an addition to the documentary, [The Business of Being Born](#), which I also highly recommend. It is an in depth look at all the common procedures of labor and birth in society today and encourages you to evaluate all your options.

[Active Birth: The New Approach to Giving Birth Naturally](#) by Janet Balaskas- Some good information, it addresses the importance of movement and involvement during birth. I like that it gives concrete suggestions for minimizing the discomfort of labor and making delivery either with movement, massage, visualization and distraction.

[Pushed: The Painful Truth about Childbirth and Modern Maternity Care](#) by Jennifer Block- Highly Recommended. Great information on modern maternity care. This is probably the top book I recommend to expecting moms and doula clients. It explains in depth the reason (or lack thereof) of many of the common interventions and procedures during pregnancy and birth and empowers moms to make the best choices for them in these situations. This was the book that gave

the me knowledge to be able to stand up to pushy doctors and nurses, even while in the pain of transition. If you want natural birth, read this book!

[Childbirth Without Fear](#) by Dr. Grantly Dick Read-The book that started it all for me and changed the way I viewed birth. Highly recommended, though the language takes a few pages to adjust to as it was written several decades ago. This books helps women feel confident that their bodies are capable and excellent at birthing naturally in most cases.

[Gentle Birth Choices](#) by Barbara Harper- Some information slightly outdated, but good information on empowering yourself to make informed decision. Includes a

[Baby Catcher: Chronicles of a Modern Midwife](#) by Peggy Vincent- A memoir of a midwife who has delivered hundreds of babies. Some very touching birth stories and some great info mixed in.

[The Birth Partner](#) by Penny Simkin- A great resource for moms, dads, labor coaches, doulas, etc. Make your husband and birth team read this book (so they won't say things like "ssshhhh... it's ok, don't yell," in transition.

[Birthing from Within](#) by Pan England and Rob Horowitz- A pretty good book. I didn't really connect with her writing style, but she does offer some good advice on the emotional preparation needed for birth.

[Natural Childbirth the Bradley Way](#) – Many women do really well with the Bradley method of natural childbirth and I like that this system also involves the husband as an integral part of the birth.

Natural childbirth is incredible, but the proper preparation can make a tremendous difference!

Pre-Pregnancy: Avoiding Morning Sickness

For those who aren't pregnant yet but are hoping to be, I wanted to share a protocol that greatly reduced and almost completely eliminated my morning sickness with my latest pregnancy.

My [pregnancies had been getting easier](#) as I've learned more about health and real food, but the last one was a surprising difference! So much so, in fact, that I was really glad to hear a heart beat to make sure I was indeed pregnant.

To help understand what a change this had been for me, I should explain: I never had morning sickness to the level that several of my friends had. I never came close to being hospitalized, though I didn't usually eat much the first few months. With my first especially, the smell of food would sometimes leave me running for the nearest bathroom or bushes. The worst part, for me, was the fatigue. Especially after the first one, I didn't have time to be tired, but the first few months, I'd play with my kids or read to them while laying on their bedroom floor, and I'd fall asleep any chance I got.

This time, I was a little more tired but didn't notice it at all if I got to bed by 10 pm. There were mornings that I didn't feel like eating right away, but I wasn't repulsed by food. One time, I chugged a huge glass of water and took [Fermented Cod Liver Oil](#) on an empty stomach and had a little nausea for about 10 minutes, but that was pretty much the extent of it. (For the record I don't recommend that...)

What Changed?

Being the health nut that I am, I have food and supplement journals from at least parts of all of my pregnancies. I'd also been working on improving certain nutrient levels over the last year, so I knew what things I had specifically been focusing on that could have made a difference.

The things that had changed since my last pregnancy with respect to diet/supplements:

- Started actually remembering to take [fermented cod liver oil](#) daily

- Daily [magnesium intake](#) as I worked to intensively boost magnesium levels ([this post explains what I used](#))
- Added daily [bone broth](#) while son is on [GAPS program](#)
- Upped protein intake BEFORE I got pregnant this time (not intentionally, but we bought part of a cow and my daily protein intake increased)
- Was eating very little/no processed foods, sugars, etc (didn't change, but notable)

Looking back, I'd rank the factors that changed in this order of importance:

1. Taking [Magnesium](#) daily or using [Magnesium Oil](#) on my skin!
2. Taking 1-2 teaspoons per day of [Fermented Cod Liver Oil](#)
3. Drinking [Bone broth](#) daily
4. Eating protein/avoiding processed foods

Why Magnesium?

I started researching to see if there was any actual evidence backing my theory that magnesium made the difference. I found some articles by naturally minded doctors and midwives that seemed to support the idea (or at least promote it as not harmful) and [this post from Mommypotamus](#) that talked about her experience with [Magnesium](#). (I always love finding other actual pregnant women who had the same experience!)

I've also been randomly asking pregnant friends about their intake of magnesium containing foods and there does seem to be a correlation. (Asking friends how much seaweed and unrefined sea salt they consume daily is totally normal, right?) In fact, one person I know was doing the same protocol I was and had virtually no morning sickness either!

What Kind of Magnesium?

Here is what I did:

There are several ways to supplement, and a mixture of more than one type of magnesium supplementation seems to be most effective. It is important to start slow and work up, as high doses will not be completely absorbed at first and most will be wasted.

Leafy green vegetables, sea vegetables, kelp and especially nettle (in [herb form available here](#)) are good dietary sources of magnesium, though if you have a deficiency, it will be difficult to raise your levels enough through diet alone.

The best ways to supplement with magnesium are:

- In [powder form with a product like Natural Calm](#) so that you can vary your dose and work up slowly.
- In [ionic liquid form](#) so that it can be added to food and drinks and dose can be worked up slowly.
- In [transdermal form by using Magnesium oil](#) applied to skin. This is often the most effective option for those with damaged digestive tract or severe deficiency.”

Since digestion changes during pregnancy, it can be difficult to absorb [magnesium](#) correctly, especially once you are pregnant. I found the [magnesium oil](#) (recipe at the end of this ebook) seemed to be the easiest for me to absorb, and even before pregnancy, I noticed the biggest difference in my regularity (ahem) from the skin oil.

[Magnesium](#) is also an important mineral during pregnancy, so even if you are already pregnant, it would be worth a try to lessen morning sickness. If I had started the [magnesium](#) while pregnant, I would have chosen the [magnesium oil](#) daily, and the [Natural Calm](#), which is slightly carbonated and might help with nausea as well.

Why Fermented Cod Liver Oil?

[Fermented Cod Liver Oil](#) is a great source of Vitamins, D & A and Omega-3s. Vitamin D is essential for proper absorption and use of Magnesium in the body, so this likely also helped the magnesium be more effective. Many women find they do better from consuming enough healthy fats and proteins in early

pregnancy (magnesium aside) and [Fermented Cod Liver Oil](#) is a great source of healthy fats.

The Weston A. Price Foundation recommends [Fermented Cod Liver Oil](#) as a superfood during pregnancy for proper development of baby's brain, bone structure and more. At the least, I think the [Fermented Cod Liver Oil](#) was good for the baby, but I suspect that it also contributed to my lack of morning sickness.

Protein + Fats

I think the other factor that made a difference was that in very early pregnancy (before I found out and before morning sickness would have hit anyway) I was already eating a lot of healthy fats and proteins daily. My intake was already up and supportive of the pregnancy and healthy blood sugar levels before they started becoming a problem. My daily protein intake these days typically includes:

- 3-4 eggs
- Some form of healthy meat at every meal
- 2 cups (average) of [homemade bone broth](#) daily
- 2-4 Tablespoons of [Coconut Oil](#)
- 2+ tablespoons grass fed butter
- Coconut based snacks like [coconut cream](#)
- Various other forms of protein and fat like tallow used in cooking, bison for snack, etc

I also try to consume 3-4 cups+ of vegetables each day, usually in soups or with meats. I've found that I usually prefer cooked vegetables in early pregnancy anyway so steamed veggies with butter are on the daily menu.

Not only did I feel better this time, but I'm confident that I'm giving my baby a good start too. (I'm also taking probiotics and optimizing gut bacteria to give baby the best start after birth, but more info in another post on that soon...)

This is certainly my own experience, and nothing scientific, but the difference has been dramatic for me, and I'd love to hear if any of you have experience with this as well or if it works for you in the future!

Part 2: Recipes for Healthy Pregnancy and Baby

I talked in Part 1 about the need to avoid toxins, especially when pregnant, and often the easiest way to do this is to make many beauty and personal care products at home yourself.

I've included some of my favorite natural recipes below:

DIY Tiger Salve for Stretch Marks

This easy salve is soothing and nourishing to skin as it adjusts to your growing belly!

Ingredients

- ¼ cup [Shea Butter](#)
- ¼ cup [Coconut Oil](#)
- 3 Tablespoons [Apricot Kernel or Almond Oil](#) (can also use Olive oil)
- 1 Tablespoon [Calendula Flowers](#) (optional)
- ¼ tsp dried [Ginger Root](#) (optional)



Instructions

1. If using the calendula and dried ginger, add to Apricot Kernel or Almond Oil and place in a double boiler or bowl over a small pan of water. (or use a glass jar for easier clean up)
2. Bring to a simmer and heat for 30 minutes on medium low heat to incorporate the properties of the herbs.
3. Strain through a cheesecloth or metal strainer to remove herbs. YOU will want to make sure you still have at least 2 tablespoons of liquid oil left.
4. Return the oil to the double boiler and add the shea butter and coconut oil.
5. Heat until melted and stir to incorporate.
6. Remove from heat and store in small glass jar.
7. Add any pregnancy safe essential oils if desired.
8. Use as needed on skin before, during or after pregnancy as needed.

Magnesium Body Butter

A simple body butter made with simple ingredients for a soothing magnesium boost that leaves skin silky and healthy.

Ingredients

- ½ cup [Magnesium Flakes](#) + 3 Tablespoons boiling water (Or ½ cup of [pre-made magnesium oil](#), though this won't yield as much magnesium in the final product)
- ¼ cup [unrefined coconut oil](#)
- 2 Tablespoons [Beeswax Pastilles](#)
- 3 Tablespoons [Shea Butter](#)



Instructions

1. Pour 3 tablespoons of boiling water in to the magnesium flakes in a small container and stir until it dissolves. This will create a thick liquid. Set aside to cool.
2. In a quart size mason jar inside a small pan with 1 inch of water, combine the coconut oil, beeswax and shea butter and turn on medium heat.
3. When melted, remove the jar from the pan and let the mixture cool until room temp and slightly opaque. At this point, put in to a medium bowl or into a blender.
4. If in a bowl, use a hand blender or immersion blender on medium speed and start blending the oil mixture.
5. Slowly (starting with a drop at a time) add the dissolved magnesium mixture to the oil mixture while continuing blending until all of the magnesium mix is added and it is well-mixed.
6. Put in the fridge for 15 minutes and re-blend to get body butter consistency.
7. Store in fridge for a cooling lotion (best consistency) or at room temp for up to two months.

Soothing Magnesium Foot Scrub

A simple and very moisturizing exfoliating foot and body scrub that is easy and fast to make at home.

Ingredients

- 1 cup of [epsom salt](#)
- ¼ cup olive oil or almond oil
- 1 teaspoon [liquid castille soap](#) (optional, makes texture slightly smoother)
- 10-15 drops of [essential oils](#) (or more- optional)



Instructions

1. In a small bowl, mix all ingredients and add essential oils or scents until desired scent is achieved.
2. Store in airtight container and use a teaspoon sized amount to exfoliate feet or body as needed.
3. Rinse after use.

Sea Spray for Skin

A nourishing sea salt spray for skin that helps reduce acne and firm skin. This spray leaves skin feeling refreshed and clean.

Ingredients

- 1 cup of distilled water or pre-boiled water – heated to almost boiling
- 1 tablespoon [himalayan salt or sea salt](#)
- pinch of [epsom salt](#) or [magnesium flakes](#)
- [Essential oils](#) for scent – I like Lavender or Mint



Instructions

1. Add salt and epsom salt/magnesium (if using) to warm water and stir until salt is completely dissolved.
2. Add essential oils if using and store in a glass jar or spray bottle.
3. To use: Apply to skin by spraying or with a cotton pad as a toner. Great for use as part of a daily skin care routine or after swimming.

Squeezable Remineralizing Toothpaste

Ingredients:

- 5 Tablespoons Calcium powder or Calcium Magnesium Powder
- 3 Tablespoons Xylitol Powder- This ingredient is not completely necessary, but just keeps it from tasting bitter. (We don't cook or consume Xylitol, but there is some evidence that it is beneficial orally)
- 4 Tablespoons coconut oil at room temperature
- 1 tablespoon baking soda
- 2 Tablespoons Bentonite Clay or you could use additional Calcium powder or Calcium Magnesium Powder
- 3 Tablespoons Distilled Water or slightly more to thin
- 40+ drops of essential oils of choice: Peppermint, Cinnamon, Oregano, Lemon/Lemongrass etc or Brushing Blend
- optional: 20-30 drops of trace minerals



Instructions:

Mix all ingredients except clay in a mini-food processor and mix well to incorporate. Once smooth, slowly add in the bentonite clay and mix by hand with a plastic utensil (bentonite clay should not come in contact with metal). If you don't have a food processor, you can use an immersion blender or even a whisk/fork in a bowl.

Store in a small jar or a squeezable tube like this [BPA free GoTube](#).

Due to the nature of the coconut oil, this toothpaste will be thicker when cooler and thinner when heated but should be a squeezable consistency at normal room temp (70-75 degrees). If it is too runny or

too thick, try adding more water or calcium to get desired thickness. Use essential oils to taste. Use as you would regular toothpaste.

Magnesium Oil

Ingredients:

- 1/2 cup [Magnesium Chloride Flakes](#)
- 1/2 cup distilled water
- a glass bowl or glass measuring cup
- A glass spray bottle (plastic will work too)

Instructions:

Boil the distilled water. It is important to use distilled to extend the shelf life of the mixture. Put the [Magnesium Chloride Flakes](#) in the glass bowl or measuring cup and then pour the boiling water over it.

Stir well until completely dissolved. Let cool completely and store in the spray bottle. Can be stored at room temperature for at least six months. I keep in my bathroom to use daily.



To Use:

Spray on arms, legs and stomach daily. I use 10-20 sprays per day. It will tingle on the skin the first few times it is used, and this is normal. It should fade after a few applications, but you can dilute with more water if it bothers you too much.

You can leave on the skin or wash off after 20-30 minutes. I usually apply after a shower and then use coconut oil or a lotion bar to moisturize about 5 minutes later

Easy Homemade Deodorant

Try making your own deodorant if you haven't already... you'll not only save money and avoid chemicals, but I've found the homemade versions work better too!

Ingredients:

- 1/2 cup [coconut oil](#)
- 1/2 cup [shea butter](#), [cocoa butter](#) or [mango butter](#) (or a mix of all three equal to 1 part)
- 1/2 cup + 1 tsp [beeswax](#)
- optional: Vitamin E oil to preserve. I added 1 tsp vitamin E oil for this recipe)
- 3 tablespoons baking soda (Omit this if you have sensitive skin and just use extra arrowroot)
- 1/2 cup [organic arrowroot powder](#)
- 2-3 capsules of high quality probiotics that don't need to be refrigerated ([I love Bio Kult brand](#))
- optional: Essential oils of choice – I used about 20 drops of lavender essential oil

This recipe can be adjusted to make any quantity that you'd like by increasing the amount of ingredients used. This batch made enough deodorant for my husband and I for about 2-3 months. You could also cut the recipe in half if you want to make a smaller amount.

Instructions:

Combine coconut oil, shea (or other) butter, and beeswax in a double boiler, or a glass bowl over a smaller saucepan with 1 inch of water in it. UPDATE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out...

Turn the burner on and bring water to a boil. Stir ingredients constantly until they are melted and smooth:

Remove from heat and add the vitamin E oil, baking soda, arrowroot powder, probiotics, and essential oils. Make sure the mixture is not hot to the touch (warm is ok) so that the heat doesn't kill the probiotics.

Gently stir by hand until all ingredients are incorporated.

If you will be making these into bars, pour into muffin tins or other molds while still liquid. If you will be putting into an old deodorant container to use like stick deodorant, let the mixture harden for about 15-20 minutes at room temperature to harden and when it is about the consistency of peanut butter, use a spoon to scoop into the deodorant tube and pack down to fill. Then, leave the cap off overnight to completely harden before using.





Natural Skin Care With Oil Cleansing

Skin can go a little crazy during pregnancy but harsh cleansers are often a major source of chemical exposure. Oil cleansing is a completely natural way to cleanse the skin without chemicals and it leaves skin smooth, soft and healthy without any risk to baby...

What is Oil Cleansing?

Though it sounds somewhat crazy at first, the idea of using natural oils to cleanse the skin gently actually makes a lot of sense. The basic idea of oil cleansing is to use natural oils in specific combination to cleanse the skin and naturally balance the skin's natural oils. This produces much more nourished and moisturized skin than traditional soap and

detergent based facial cleaners. As the [website](#) dedicated to the oil cleansing method explains:

“The basic concept of this skin care and cleansing method is that the oil used to massage your skin will dissolve the oil that has hardened with impurities and found itself stuck in your pores. The steam will open your pores, allowing the oil to be easily removed. Should you need it, the smallest drop of the same oil formula patted over damp skin will provide the necessary lubrication to keep your skin from over-compensating in oil production.”

Even [Acne.org](#) explains the benefits of oil cleansing:

“Fact: Oil dissolves oil. One of the most basic principals of chemistry is that “like dissolves like.” The best way to desolve a non-polar solvent like sebum/oil, is by using another non-polar solvent similar in composition: Other oils. By using the right oils, you can cleanse your pores of dirt and bacteria naturally, gently and effectively, while replacing the dirty oil with beneficial ones extracted from natural botanicals, vegetables and fruit that heal, protect and nourish your skin. When done properly and consistently, the OCM can clear the skin from issues like oily skin, dry skin, sensitive skin, blackheads, whiteheads and other problems caused by mild to moderate acne—while leaving your skin healthy, balanced and properly moisturized.”

But Does It Work?

This is the part I’m most excited to share! Even in third trimester of pregnancy, when my skin usually goes a little hormone-crazy, I had ZERO breakouts, red pots, or splotches!

When I first started using Oil Cleansing, I had an adjustment period where my skin got worse for about a week. Most resources I’ve seen suggest that this is a detox reaction as impurities are pulled from the skin, and this is definitely what it seemed to be for me. After that, my skin gradually improved and by 3-4 weeks of using only oil cleansing, I had no excess oil, no dry skin, and no blackheads...

I cringe when I think of the dozens of chemical laden products I used, especially in high school, to try to keep my acne under control! The skin care industry is a multi-billion dollar industry, and it seems that the best solution is one of the most simple, inexpensive, and easy!

I asked several friends and family members who now use the oil cleansing method how it has worked for them, and they seemed to have the same results. Some even noted that the combination of oil cleansing and taking Gelatin daily has been the best anti-aging treatment they've discovered!

What You Need:

Want to try Oil Cleansing and see the results for yourself? All you need are a couple of natural oils and a clean wash cloth!

The most common oils used are Castor Oil and Olive Oil, though any natural oil can be used. Castor Oil is naturally astringent, so it helps pull impurities from the skin, making it ideal for oily or combination skin (and even dry skin in lesser amounts). Castor oil should never be used undiluted on the skin, and I always add at least twice the amount of other oil as Castor Oil when making an oil blend.

There is some controversy over the growing practices for Castor Oil (the harvesting and manufacturing exposes workers to a compound that can be toxic, but it is removed in processing), so many people choose to avoid this oil. The finished castor oil is not toxic, so there is no concern there, but for those who don't want to use it due to its unsustainable growing practices, hazelnut oil works wonderfully in its place.

My favorite other oil to use is Olive Oil, though sunflower, safflower, or even coconut oils work great.

I get all of the oils I use for oil cleansing from [Mountain Rose Herbs](#), though many local stores might carry them as well. Just look for oils that are cold pressed, organic and pure.

What to Do:

If you are new to oil cleansing, it may take a couple of tries to figure out what blend of oils works best for you. Personally, I use a mix that is 3/4 olive oil and 1/4 castor or hazelnut oil and it is perfect for my skin. Other articles I've seen and friends who also use the method recommend these ratios:

- Oily Skin: 1/3 [Castor Oil](#) or [Hazelnut Oil](#) and 2/3 Olive, Sunflower or other oil
- Combination Skin: 1/4 [Castor](#) or [Hazelnut Oil](#) and 3/4 Olive, Sunflower or other oil
- Dry Skin: All nourishing oils like olive oil, or a very small amount of [Castor/Hazelnut Oil](#) added to the nourishing oils.

To find out the best blend for you, I recommend starting with the suggested amounts above for your skin type and adjusting if needed. When I started, I mixed up very small batches (1 teaspoon [castor oil](#) to 2 teaspoons olive oil, etc) until I figured out the right blend for me.

I've also found that even pure coconut oil works great once skin has adjusted, though it can be drying on some skin types. One friend uses a half and half mix of [coconut](#) and olive oil that she blends in a blender to create a cream, and this works perfectly for you.

To Wash Face With Oil Cleansing:

1. In the shower or at the bathroom sink, pour about a quarter size amount of the oil blend into your hand and massage into the skin on your face (don't wet skin first). Use smooth circular strokes and let this also be a gentle facial massage. Massage for at least

a minute (two minutes is better) or until you are sure that the oil has saturated your skin. This will also remove make-up very effectively, so there is no need to remove make-up first. You can even leave the oil on the skin for up to 10 minutes to really deep clean pores.

2. Place a clean washcloth under very hot tap water (or shower water) until it is completely soaked and quickly wring it out. Open it and place over your face. This will create steam against the skin to remove the oils and any impurities in the skin. Leave the wash cloth on for about a minute, or until it cools. Repeat if needed with the other side of the washcloth and then use the corners of the washcloth to gently remove any remaining oil. There will still be a thin layer of oil on the skin and this is beneficial.
3. Typically, no moisturizer is needed after the adjustment period, but if you still have dry skin, try reducing the amount of astringent oil and using a tiny bit of homemade organic lotion to moisturize skin.

Notes on Oil Cleansing:

- It is normal for it to take a week or so for skin to adjust, and you may even see more oily skin or more breakouts during this time as impurities leave the skin. If you can, resist the urge to use harsh soaps or facial cleansers during this time, as it will make the adjustment period take longer.
- You will likely have to experiment some to find your perfect ratio.
- If you do this in the shower, make sure to clean your shower floor regularly so it doesn't get slippery!

Mud in Your Hair?

In case I hadn't already outed myself as being on the crunchy side of the spectrum... this recipe should do the trick...

For healthy hair naturally, the best solution I've found is using natural clays!

Turns out, clay can be very beneficial for hair in the same way it can be beneficial in the rest of the body: it removes toxins to leave hair super-clean and with a lot of shiny volume. If no-poo hasn't worked for you, and homemade shampoo hasn't worked for you, I'd encourage you to try this option. It can be customized for your hair type and lasts up to a week in the shower. Sound strange to wash your hair with mud? Give it a try...

Optional Add-Ins:

As I mentioned in my herbal hair colors post, different herbs can have darkening or lightening effects on hair. Nettle is said to be great for hair, so I would use this on any hair color. I used chamomile flowers on my hair since it is blonde, but rosemary would be a better choice for dark hair (and it is also supposed to be good for dandruff).

These are the mixtures I've tried:

- For blonde hair: 1/4 cup chamomile flowers + 2 tablespoons nettle leaf in 2 cups boiling water
- For dark hair: 1/4 cup Rosemary leaf + 2 tablespoons nettle leaf in 2 cups of boiling water

After the mixture cools, I strained out the herbs and used 1 cup for the clay recipe and 1 cup for the final rinse with 1 tablespoon of apple cider vinegar added.

How to Detox Your Hair – Natural Clay Mud Mask

This natural clay mask for hair is an effective shampoo and detoxifying mask that leaves hair shiny and with healthy volume.

Ingredients

- 1 cup brewed herbal tea or water (see above for best herbs for hair type)
- ½ cup apple cider vinegar
- approximately ¾ cup [bentonite](#) or [redmond clay](#)
- 10 drops of essential oil of choice (optional)- I use peppermint and lavender

Instructions

1. Note: Bentonite clay is most effective if it doesn't come in contact with metal before use. Mix with wood, plastic or glass for best results, though I haven't found that this makes much of a difference for hair products. I use an old mini-food processor with a plastic dough blade that I found at a thrift shop.
2. Brew the herbal tea and let cool slightly, make sure all herbs are strained out.
3. Pour tea and apple cider vinegar in a blender, food processor or non-metal bowl.
4. Start adding clay a tablespoon at a time while blending or whisking to incorporate it.
5. Keep adding clay until mixture is smooth and about the consistency of yogurt.
6. Add essential oils if using and mix in.
7. Store in an air-tight container in the shower for up to a week.
8. To Use: Wet hair. Starting at roots, massage a handful of the clay mixture into hair and work down to the roots. Repeat until all hair is coated. Leave 5 minutes or up to 20 minutes (do not let dry!) and rinse out with warm water.

9. optional: Rinse with a cup of herbal tea with 1 tablespoon apple cider vinegar added.

Natural Baby Care Recipes:

A baby or child's perfectly soft skin absorbs almost anything put on it, so natural options are really important! There are a few companies who make natural baby care options, but the cheapest, easiest and most natural way is just to make your own. Actually, you can just use pure coconut oil for everything from cleaning to moisturizing to treating diaper rash, but if you'd prefer a little variation, check out these recipes!



These are the recipes I use on my own kids and give to friends when they have babies.

Natural Diaper Cream

We started cloth diapering with our third child and I will never go back! Not only is it much cheaper, but it is more natural and much easier than I expected after hearing horror stories from my mother-in-law about the old-school cloth diapers. Thanks to cloth diapers and better nutrition my babies very rarely get diaper rash, but for the occasional time when a baby poops during the night and doesn't wake up until morning or gets a rash while in the car seat on a trip, it can be a little tougher with cloth diapers.

Commercial diaper cream should never be used with cloth diapers since the fish oil in it will leave a fishy smell no matter how much you wash the diapers. It will also void any warranty on the cloth diapers. After much research and some trial and error, I finally created a diaper cream that is cloth diaper safe and that works as well as the medicated versions.

It can be used directly with cloth diapers if you don't mind stripping the diapers after using them, but I prefer just to line the diaper with a piece of an old t-shirt when I'm using diaper cream to avoid the extra laundry hassle.

Ingredients:

- 1/2 cup coconut oil
- 1 tablespoon calendula flowers
- 1 tablespoon chamomile flowers
- 1/4 cup shea butter (I get mine from Mountain Rose Herbs because it is raw and unrefined so it has anti-fungal properties)
- optional: 1 tsp arrowroot or zinc oxide powder or more to thicken if needed- these will add additional drying power for really bad rashes

How to Make Natural Diaper Cream

Heat a couple inches of water over medium high heat in a double boiler or small sauce pan. Melt the coconut oil in a glass bowl or double boiler top above the boiling water. Add the calendula and chamomile flowers and keep the heat going on low/medium for at least an hour or until coconut oil has started to turn yellow and smells of chamomile and calendula. Make sure to check the water level often and make sure it hasn't gotten too hot or evaporated off.

Carefully strain the flowers out, reserving as much of the coconut oil as possible. A fine mesh metal strainer is best for this, or a

cheesecloth will work, though you'll lose more of the coconut oil. Make sure all visible pieces of the flower have been removed.

Using a small immersion blender or even a fork to mash, mix the infused coconut oil with the shea butter and arrowroot or zinc oxide if using until it forms a thick paste. I actually have a small food processor I use for this mixture (and not for food) and when mixed in a food processor it makes an airy, velvety cream.

Store in a small glass jar and apply as needed. Use a liner with cloth diapers. This is much more concentrated and effective than store-bought versions and a little goes a really long way! It can also be used for adult yeast infections or for healing of the perineum postpartum.

Why These Ingredients?

I chose each of these ingredients for a specific purpose. Coconut oil is very effective on its own for treating rash, as it is anti-fungal and very soothing to skin.

Calendula has antibacterial properties and speeds skin healing while Chamomile has anti-bacterial, anti-fungal, anti-inflammatory and anti-parasitic properties and is especially helpful for diaper rashes.

Shea Butter, besides making the skin incredibly soft, has anti-fungal and yeast-killing properties when raw. It is high in Vitamins A and E and helps promote collagen production in the skin. It is naturally anti-inflammatory and has an SPF of 6. It also helps prevent and get rid of stretch marks.

Vitamin Rich Baby Oil

Regular baby oil is petroleum based and packed with artificial fragrances! You can always use plain coconut oil, but making an

infused oil adds some vitamins and speeds skin healing. This is my favorite:

Ingredients:

- 1 cup of organic olive or apricot kernel oil (softer scent and great for sensitive skin)
- 2 tablespoons calendula flowers
- 2 tablespoons chamomile flowers



What to Do:

There are two ways to make this recipe.

Fast way: You can infuse over heat like in the recipe above: "Heat a couple inches of water over medium high heat in a double boiler or small sauce pan. Melt the oil in a glass bowl or double boiler top above the boiling water. Add the calendula and chamomile flowers and keep the heat going on low/medium for at least an hour or until oil has started to turn yellow and smells of chamomile and calendula. Make sure to check the water level often and make sure it hasn't gotten too hot or evaporated off." and then just strain the flowers out and use as regular baby oil.

Slower but more concentrated way: Put the calendula and chamomile in a glass jar and pour the oil over it. Put a tight-fitting lid on. Keep in a cool, dark place and shake daily for 6-8 weeks to make a gorgeous light-orange oil that is great for baby or adult skin. It is soothing on eczema or skin irritation and calming to baby.

Soothing Baby Powder

Some regular baby powder contain talc, which is closely related to asbestos and has been linked to various cancers. Please don't put it on

your baby's tender tushie! There are natural alternatives that are incredibly easy to make and work better without the side of cancer.

Ingredients:

- 1/2 cup arrowroot powder
- 1 tsp chamomile or calendula flowers, powdered in the blender or food processor
- optional: Powdered sugar shaker to store. (This is a great price on a set of two and there are also white ones with lids and stainless steel ones with lids that are great for diaper bags or for cute homemade baby gifts)



How to Make:

Powder the chamomile or calendula if using. Mix with the arrowroot powder and store in a glass jar or sugar shaker (see links above) for easy use. Use as you would regular baby powder.

Homemade Baby Wipes

We make our own baby wipes and I use the same natural formula for cloth wipes or to make disposable wipes. They are not only more natural and environmentally friendly... they are cheaper too!

Ingredients:

- 1 roll of heavy duty paper towels (Note: I use Bounty for wipes. I don't use them in my kitchen, but cheap paper towels do not work for wipes... I've tried)

- Rubbermaid #6 or #8 container- (Old wipes containers, plastic shoe box containers, old plastic coffee containers or empty gallon plastic ice cream buckets also work.)
- 1 3/4 cups boiled water (or distilled)-cooled but still warm – (can just use regular water if you use them in less than a week like we do)
- 1 Tablespoon of pure aloe vera- check the ingredients
- 1 Tablespoon of pure Witch Hazel Extract
- 1 teaspoon of Liquid Castille Soap (I use Dr. Bronner's)
- Essential Oils of choice (optional- I use 6 drops each of orange and lavender)

Instructions:

1. Cut the roll of paper towels in half using a sharp knife
2. If using a plastic shoe box or old wipe container, accordion fold the wipes into the container. If using a Rubbermaid #6 container (I highly recommend), place the wipes, cut side down in container.
3. In bowl or quart size jar mix the water, aloe, witch hazel, castille soap, GSE/Vitamin E and oil and stir.
4. Add essential oils if desired and stir.
5. Pour over paper towels in container and let absorb- this takes about 5-10 minutes.
6. Flip the container over to make sure wipes are well soaked.
7. If using Rubbermaid container, pull the cardboard roll out from the inside This should also pull the innermost wipe out and start them for you. Depending on the brand of paper towels you use, you might have to experiment with the amount of water to get the right amount.
8. Use as you would regular wipes, and smile, knowing you are not causing your beautiful child any future health problems!
9. Note: If your child has extremely sensitive skin, you may need to leave out the essential oils or use calendula or chamomile.

Super Smooth Baby Lotion

Ingredients:

- 1/2 cup almond or olive oil (can infuse with herbs first if desired)
- 1/4 cup coconut oil
- 1/4 cup beeswax
- Optional: 1 teaspoon Vitamin E oil
- Optional: 2 tablespoons Shea Butter or Cocoa Butter
- Optional: Essential Oils, Vanilla Extract or other natural extracts to suit your preference

Instructions:

1. Combine ingredients in a pint sized or larger glass jar. I have a mason jar that I keep just for making lotions and lotion bars, or you can even reuse a glass jar from pickles, olives or other foods.
2. Fill a medium saucepan with a couple inches of water and place over medium heat.
3. Put a lid on the jar loosely and place in the pan with the water.
4. As the water heats, the ingredients in the jar will start to melt. Shake or stir occasionally to incorporate. When all ingredients are completely melted, pour into whatever jar or tin you will use for storage. Small mason jars (8 ounce) are great for this. It will not pump well in a lotion pump!
5. Use as you would regular lotion. This has a longer shelf life than some homemade lotion recipes since all ingredients are already shelf stable and not water is added. Use within 6 months for best moisturizing benefits.

Note: A litte goes a long way! This lotion is incredibly nourishing and is also great for diaper rash on baby, for eczema and for preventing stretch marks!

Lotion Bars (for use on dry skin)

Ingredients:

- 1 part coconut oil
- 1 part shea butter, cocoa butter or mango butter (or a mix of all three equal to 1 part) [NOTE: Shea and Mango Butters are currently out of stock, but Cocoa, Illipe or Kokum butter can be used in equal parts and all are available here]
- 1 part beeswax (can add an extra ounce or two if you want a thicker consistency, which leaves less lotion on the skin when used)
- optional: Vitamin E oil to preserve. I added 1 tsp vitamin E oil for this recipe made with 1 cup of each ingredient)

This recipe can be adjusted to make any quantity that you'd like. I made with 1 part=1cup so I used 1 cup of coconut oil, 1 cup beeswax and 1/3 cup each of shea butter, cocoa butter and mango butter (though I could have used 1 cup of any of the individual ones). I also added about 50 drops of lavender essential oil. I set them in silicon baking cups though any mold or shape would work. The recipe I used made exactly 12 lotion bars.

Instructions:

Combine all ingredients (except essential oils if using) in a double boiler, or a glass bowl over a smaller saucepan with 1 inch of water in it. UPDATE: Combine in a quart size glass mason jar with a lid instead and place this in a small saucepan of water until melted. This will save your bowl and you can just designate this jar for these type of projects and not even need to wash it out...

Turn the burner on and bring water to a boil. Stir ingredients constantly until they are melted and smooth:

Remove from heat and add the essential oils.

Gently stir by hand until essential oils are incorporated)

Carefully pour into molds or whatever you will be allowing the lotion bars to harden in. I used these silicon baking cups, though any mold would work.

Baby Shampoo or Wash

Babies don't actually need soaps or shampoos for the most part. They have naturally protective oils in their skin that are better not washed off.

If you do need a lathery soap to feel like baby is clean, I'd suggest [Dr. Bronner's sensitive skin liquid castille soap](#) for both soap and shampoo. On my daughter (11 months) I just use [natural microfiber cloths](#) to clean off the food, dirt, etc without stripping all of her natural oils. I also use them to wash her hair. Then, I just use coconut oil or baby oil (above) when needed, which isn't often.

Part 3:
Month-Long
Meal Plan &
Shopping List

Wellness Mama Meals - Four Week Meal Plan

Week One:

- Chipotle Style Burrito Bowls
- Beef and Sweet Potato Curry
- Breakfast for Dinner
- Pineapple Chicken Salad with Citrus Vinaigrette
- Baked Fish w/ Garlic Cauliflower Mash and Green Beans
- Taco Soup
- Dessert Pot Roast

Week Two:

- Chicken Picatta with Baked Tomatoes and Broccoli
- Meatza
- Mushroom glazed Pork Chops with Baked Apples
- Easy Goulash
- Fish Burgers with Baked Winter Squash
- Chicken Cordon Bacon
- Stuffed Sweet Potatoes

Week Three:

- Roasted Chicken and Vegetables
- Sausage and Cabbage Soup
- Beef and Broccoli Stir Fry
- Spinach and Artichoke Crock Pot Chicken
- Grain Free Eggplant Parmesan
- Bacon Cheese Burgers (bunless) with Sweet Potato Fries
- Baked Pork Chops

Week Four:

- Mini Meatloaf Cupcakes with Sweet Potato “Frosting”
- Hearty Chicken Soup
- Stuffed Pork Loin
- Easy Pumpkin Chili
- Grilled Salmon with Hollandaise and Asparagus
- Chicken Kale Stir Fry
- Sausage, Apple and Cabbage Hash

Wellness Mama Meals Meal Plan - Week One

Day 1: Chipotle Style Burrito Bowls [Easy, crock-pot]

You Need per serving:

- 1 chicken breast or 2 thighs (xFN- 3-4 per family of 4) or 1 whole chicken
- 1/2 onion (xFN- 2 onions per family of 4)
- 1/2 sweet pepper (xFN- 2 per family of 4)
- 1 teaspoon lime juice (1-2 tablespoons per family of 4)
- Mexican spices to taste 1/2 tsp of each: cumin, chili powder, salt, pepper , garlic, rosemary, etc
- large handful of shredded lettuce (per person)
- Optional toppings: salsa, cheese, sour cream
- 1 avocado or pre-made guacamole

Instructions:

1. Put the chicken in the crock pot.
2. Slice onions and garlic and place on top of chicken,
3. Sprinkle all with spices and lime juice.
4. Cover crock pot and cook on low for 4-6 hours or until chicken is done.
5. Serve as burrito bowl with meat on bottom and desired toppings on top (can put lettuce under chicken, if you prefer)

TIP: This recipe will make extras for leftovers. If you are single or have a small family, keep the extra for use in omelets, soups, and casseroles.

Day 2: Beef and Sweet Potato Curry [Easy, fast]

You Need per person/serving:

- 1 tablespoon coconut oil or butter (1/4 cup/family of 4)
- 1/2 of an onion, chopped (2 onions/family of 4)
- 1 clove of garlic, or 1/2 tsp minced garlic or garlic powder
- 1/4 pound ground beef (1 pound/family of 4)
- 1 teaspoon of curry powder (1-2 tablespoons/family of 4)
- 1 teaspoon of sea salt or himilayan salt (1-2 tablespoons/family of 4)
- Other spices to taste: ginger, turmeric, cinnamon, pepper, etc
- 1/4 of a 14 or 15 ounce can of diced tomatoes (1 can/family of 4)
- 1 medium sweet potato
- 1/2 cup of frozen peas (1 bag frozen per family of 4)

Instructions:

1. Melt the butter or coconut oil in a large soup pot.
2. Chop the onion and mince the garlic and add to pot.
3. Saute until they begin to soften.
4. Add the meat and cook until browned.
5. Add spices and stir well to incorporate.
6. Peel and dice sweet potatoes (small cubes) and add to pan.
7. Add canned tomatoes (with liquid) and bring to a full boil.
8. Reduce to a simmer and simmer 20 minutes until potatoes are soft .
9. Add peas (or green beans) and cook until they are heated.

Day 3: Breakfast for dinner [Fast and Easy]

You Need per person/serving (makes leftovers!):

- 2-3 slices of nitrate free ham or turkey (xFN)- circular is best
- 2-3 eggs (xFN)
- 2-3 coconut flour biscuits (recipe below)
- fruit (optional)
- 1 green onion, thinly sliced
- feta cheese (optional)

What to do:

1. Preheat oven to 400 degrees.
2. Prepare coconut flour biscuits and put into oven for 15-18 minutes
3. Line each compartment of a muffin tins with a piece of ham/turkey
4. Crack an egg inside each piece of ham/turkey
5. Put in oven for 10-12 minutes or until yolks are your desired consistency
6. Remove biscuits and ham muffins from oven.
7. Top ham muffins with feta and thinly sliced green onions and serve with (or on top of) coconut flour muffins.
8. Serve with fruit on the side if using.

Coconut Flour Biscuits Ingredients:

- 1/3 cup Coconut Flour
- 1/4 cup Butter or Coconut Oil, softened but not melted
- 4 eggs
- 2 TBSP honey (optional)
- dash of salt
- 1/2 tsp baking powder

How to Make Coconut Flour Biscuits:

1. Preheat oven to 400 degrees F
2. Put all ingredients into medium sized bowl and mix well with immersion blender or hand mixer until well incorporated
3. Using your hands, carefully form into nine small balls and mash each one down with a spoon to make it about 1/2 inch thick.
4. Bake for 12-15 minutes until just starting to brown.

Day 4: Pineapple Chicken Salad with Citrus Vinaigrette

You need per person/serving:

- 1 chicken breast or 2 thighs (xFN)
- 1/4 of a fresh pineapple or 1/4 of a 20-ounce can (xFN)
- 1 tablespoon of raisins
- 1/4 of a sweet red pepper
- 1/4 cup pecans (optional)
- sea salt, pepper and garlic powder
- Oil to coat while cooking: tallow, lard or coconut oil
- Citrus Vinaigrette Ingredients (recipe below): 1/4 cup fresh squeezed orange juice, 1/4 cup olive oil, apple cider vinegar, honey (optional) orange zest, basil,
- Lettuce or spinach (enough for family)

What to do:

1. Heat oil in a large pan until melted.
2. Add chicken, sprinkle with salt, pepper and garlic and cook until browned and cooked in the middle.
3. While chicken is cooking, thinly slice the red pepper and cut pineapple into chunks if using fresh.
4. Prepare vinaigrette.
5. Put a serving of lettuce or spinach on plates.
6. Top with red peppers, raisins, pecans and pineapple.
7. Slice chicken and place on top of fruit.
8. Drizzle with dressing and serve.

Tip: Leftovers are great cold for lunches so consider cooking more. If using for lunch, put in a mason jar... layer with dressing on bottom, followed by pineapple, chicken, peppers and lettuce/spinach. As long as you keep the dressing on the bottom, the lettuce won't wilt, and you can dump upside down onto a plate to eat and it will be in the right order.

Citrus Vinaigrette:

In a mason jar or other container with a tight lid, mix 1/4 cup of freshly squeezed orange juice, 1/4 cup olive oil, 2 tablespoons of apple cider vinegar, 1 tablespoon of honey (optional), the zest of the orange (if organic), and 1/4 tsp basil (optional). Shake well until mixed and serve. Can be stored in the fridge up to 1 week if tightly covered.

Day 5: Baked fish with Garlic Cauliflower Mash and Green Beans

You Need per person/serving:

- 1 piece of fish of choice (about 1/4 to 1/3 lb)(xFN)
- 1 egg per every 2 people
- 2 tablespoons of almond flour or finely ground almonds per person
- 1/2 tsp sea salt per person
- pepper and garlic to taste (about 1/4 tsp per person of each)
- 1/4 of a head of fresh cauliflower (xFN)
- 1 tablespoon of butter (xFN)
- 1/4 tsp sea salt (xFN)
- 1/4 tsp garlic powder
- 1/2 lb of fresh green beans (or canned) (xFN) (This will make leftovers for tomorrow's soup)
- 1 tablespoon of butter
- sprinkle of sea salt

What to do:

1. Preheat oven to 400 degrees.
2. Beat eggs with 1/2 tsp (per egg) of water to emulsify.
3. Mix almond flour with sea salt, garlic and pepper.
4. Dredge fish in egg mixture and then dip in breading mix.
5. Grease a large baking dish with butter or oil and place fish in it once it has been dipped in breading mix.
6. Place in oven and set timer for 15 minutes, then check to see if it is done.
7. While fish is cooking, boil 2 quarts of water and cook cauliflower until soft.
8. Remove with a slotted spoon and put into medium bowl.
9. Add green beans to the water once cauliflower is removed and cook until done.
10. Using an immersion blender, mash cauliflower with butter, sea salt and garlic and cover to keep warm.
11. When green beans are done, pour water off, toss the green beans with butter, sprinkle with salt and cover to keep warm.
12. Remove fish and serve all together.

Day 6: Taco Soup [Fast and Easy]

You need per serving:

- 1/4 lb ground beef (1 lb/family of 4)
- 1/2 of an onion (2/family of 4)
- 1 cup of chicken or beef broth (1 quart/family of 4)
- 1/4 (15 ounce) can of diced tomatoes (1 can/family of 4)
- 1/4 can diced tomatoes with green chilies (mild if you don't like spicy foods!) (1 can/family of 4)
- 1/4 (small) can of enchilada sauce (check ingredients)(1 can/family of 4)
- 1/2 tsp cumin (2 tsp/family of 4)
- about 1/4 tsp each of garlic powder, salt and pepper
- 1 rib of celery (4/family of 4)
- leftover green beans from the night before (if you have any)
- 1/2 avocado (2/family of 4) or pre-made guacamole
- Optional: sour cream and cheese for toppings.

What to do:

1. In a large soup pot, brown meat until cooked.
2. Add onions and celery and cook until starting to soften.
3. Add broth, diced tomatoes, tomatoes with chilies, enchilada sauce, spices and leftover green beans.
4. Bring to a boil, reduce heat and simmer for at least 20 minutes.
5. Top with chopped avocado or guacamole and sour cream/cheese (if using) and serve.

Day 7: Dessert Pot Roast

Note: Don't worry, we aren't putting ice cream in your dinner, but there are some sophisticated undertones that are typically found in dessert foods! Red wine, chocolate and coffee... read on!

You need per serving:

- beef roast (chuck roast, pot roast, etc) about 1- 1.5 lbs per person
- 1/2 of an onion (xFN- 2/family of 4)
- spices: salt, pepper, garlic, and sweet basil (about 1/4 tsp of each per serving)
- 2-3 Tablespoons of strong coffee (decaf if you have kids!) or about 1/2 cup-2/3 cup per family of 4 (optional, but recommend)
- 1 tablespoon of red wine (1/4 cup/family of 4) (can sub balsamic vinegar or omit if you don't like cooking with alcohol)
- 1/4 tsp of pure cocoa powder, organic if possible (1 tsp per family of 4)
- 2 carrots (xFN)
- Ingredients for salad of choice or leftover vegetables from another night)

What to do:

1. In the morning (or even the night before), put roast in crock pot and sprinkle with salt, pepper, garlic and basil.
2. Thinly slice onions and put on top of roast.
3. Pour coffee and red wine (or vinegar) over the roast.
4. Dust with the cocoa powder and cover.
5. Cook on low for 9-10 hours (preferred) or on high for 5-7 (not recommended)
Check after 6-7 hours (low) to see how done it is and reduce heat if needed.
6. Add carrots 1.5 to 2 hours before meat is done. If you aren't home and can't add them at this point, just boil them until soft and toss in the meat juice before serving.
7. Enjoy :-)

Wellness Mama Meals Shopping List Week One

Meat:

- _____ chicken breasts (2xFN) or thighs (4xFN) or 2 whole chicken (1 per every 3-4 people)(1,4)
 - _____ pounds ground beef (1/2 x FN + Leftovers)(2,6)
 - _____ Pieces of fish (1/4-1/3 lb xFN plus extra if you want)(5)
 - _____ pieces of nitrate free ham or turkey-round slices (3xFN plus extra if you want leftovers)(3)
 - _____ pounds of beef roast (pot roast, chuck roast, etc)(1-1.5 lbs xFN)(7)
- Enough extra meats for breakfasts and lunches throughout the week

Produce:

- _____ medium to large onions (2.5xFN) (1,2,6,7)
 - _____ heads cauliflower (1 large head per every 3-4 people or 2-3 bags frozen per 4 people)(5)
 - _____ 1 sweet pepper (xFN)(1,4)
 - _____ sweet potatoes (1xFN)(2)
 - _____ pounds of fresh green beans (1/2 xFN)(5)
 - _____ Avocados or premade guacamole (1xFN)(1,6)
 - _____ oranges (1xFN)(4)
 - _____ Carrots (2 xFN)(7)
 - 1 head of celery
 - 1 bulb of fresh garlic
 - 1 bunch of green onions
 - 1 fresh pineapple or 1 (20 ounce) can in juice
- Enough salad for lunches and dinners- will need for (1,4,7)
Fruit of choice (for breakfast for dinner on 3)
other veggies like cucumber, peppers, celery, etc for snacks
apples, oranges or other desired fruits

Other:

- 5 eggs (xFN)(3,5) plus breakfasts all week
- _____ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)
- chicken or beef broth/stock (1 cup per person/serving)(6)
- 1/4 cup cheese (xFN)(optional-cheddar and gouda are great)(1,6)
- sour cream (optional)(1,6)
- feta cheese (optional)(3)
- 2 (15 ounce) cans of regular diced tomatoes (per 4 people)(2,6)
- 1 can of diced tomatoes with green chilies (mild if you don't like spicy) (per 4 people)(6)
- 1 can of enchilada sauce (check ingredients) (per 4 people)(6)
- salsa (optional but recommended)
- 1/4 cup of pecan halves or pieces (xFN)(4)
- small bag of raisins (optional)(4)
- almond flour or almonds to grind into powder (5)

Snack options: nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend), tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.

Other: _____

Make sure you have: lime juice, cumin, chili powder, salt, pepper, garlic powder, coconut oil, coconut flour, olive oil, apple cider vinegar, coffee, cocoa powder, red wine

Wellness Mama Meals Meal Plan - Week Two

Day 1: Grain Free Chicken Picatta with Baked Tomatoes and Broccoli [Fast, Easy]

You Need per serving:

- 1 chicken breast or 2 thighs (xFN- 3-4 per family of 4)
- 2 tablespoons of almond or coconut flour (xFN- 1/2 cup/family of 4)
- 1 egg (1/2 XFN - 2 eggs/family of 4)
- 1 tsp water per egg
- 2 tablespoons of dry white wine (xFN 1/2 cup/family of 4) (can sub chicken broth)
- 1 teaspoon of capers (optional) (2 tbsp/family of 4)
- 1 slice of lemon or 1/2 teaspoon lemon juice
- 1 tablespoon oil/fat of choice
- 1 tomato (xFN-medium size)
- salt, pepper, basil and garlic powder
- 1/4 cup cheese (xFN- 1 cup/family of 4)(optional)
- 1/4 of a head or 1/2 of a bag of Broccoli (xFN) (1 head or 2 bags/family of 4)
- 1 tablespoon oil/fat of choice, at liquid state (coconut oil, tallow, lard, butter, etc)

Instructions:

1. Preheat the oven to 425 degrees.
2. Cut the tomatoes in half lengthwise and sprinkle with salt, pepper, basil and garlic powder- Place on a baking sheet or in a 13x9 baking dish.
3. Top each with about 2 tablespoons of cheese (if using) and put into oven.
4. Cut broccoli into small florets.
5. Toss with oil/fat and sprinkle with salt and pepper.
6. Place broccoli on another baking dish and place in the oven. (bake 15-20 mins)
7. In a large skillet, heat the oil or fat of choice until hot.
8. Cut the chicken in half lengthwise and pound with a meat hammer or your fist until about 1/4 inch thick.
9. Beat egg(s) and water together.
10. Dredge chicken in egg/water mix and then dip in almond/coconut flour and sprinkle with salt and pepper.
11. Sear chicken on both sides (about 2 minutes) until golden brown, then reduce heat and cook until chicken is cooked. (check vegetables)
12. Remove chicken (can keep warm in oven)
13. Deglaze pan with wine or chicken stock, and capers and lemon juice if using- simmer until reduced by about half.
14. Remove chicken, top with sauce, and serve with roasted vegetables

Day 2: Meatza [Fast, Easy]

You Need per person/serving:

- 1/2 pound of ground beef, turkey, bison, venison, etc (xFN-2 lbs/family of 4)
- seasonings of choice (I use basil, oregano and garlic)
- 2 ounces of meat topping of choice PRECOOKED (pepperoni, sausage, etc)(optional)
- 1/4 pound of Mozzarella cheese (optional- can make up in other toppings)(xFN)
- 2 Tablespoons Parmesan Cheese (xFN-1/2 cup/family of 4) (optional)
- 3/4 cup Pasta or Pizza sauce in jar (check ingredients)(xfN-1 24-ounce jar/family of 4)
Can also just slice tomatoes very thinly and use them!
- Veggies of choice for toppings: onion, peppers, spinach, mushrooms, olives, etc
- Ingredients for salad (optional)

Instructions:

10. Preheat oven to 450 degrees.
11. On a large baking sheet, mix the ground beef with spices (may need need two baking sheets if making for 4 or more people)
12. Spread the meat onto the cookie sheet and flatten using a rolling pin or side of a smooth glass. It needs to be about 1/4 inch thick.
13. Place in oven and cook 10-15 minutes or until well browned and cooked through.
14. Remove and drain off excess oil, if any.
15. Turn oven to broil.
16. Spread pasta sauce over the “crust”, then top with some of the vegetables.
17. Add Mozzarella (if using) and then put meat of choice and remaining vegetables on top (make sure meat is cooked).
18. I also very thinly slice some additional onions on the very top because they brown well.
19. Broil for 5 minutes or until cheese is melted and bubbly and vegetables are barely starting to brown (watch carefully!!)

Tip: This is even better cold the next day for lunches or even breakfast!

Day 3: Mushroom Glazed Pork Chops with Baked Apples and Salad

You Need per person/serving (makes leftovers!):

- 1 pork chop (xFN)
- 1 tablespoon of butter or coconut oil
- salt, pepper, garlic and basil to taste (sprinkle of each)
- 2 tablespoons of real sour cream (organic, raw, if possible)(xFN- 1/2 cup/family of 4)
- at least 1 cup of mushrooms (xFN- 1 large package for family of 4)
- 1 apple (xFN)
- Sprinkle of cinnamon (1/4 tsp)
- 1 tsp of coconut oil or butter.
- Ingredients for salad of choice

What to do:

1. Preheat oven to 350.
2. Core apples, cut in half, and place in a baking dish. Top with pats of butter/ coconut oil and sprinkle of cinnamon.
3. Put in oven for 25+ minutes until desired softness.
4. Melt butter or oil in a large cast iron skillet or frying pan.
5. Sprinkle raw pork chops with seasonings to taste.
6. Pan sear each side of the pork chop until browned and remove to baking dish.
7. Place pork chops in the oven for 10-15 minutes.
8. Slice mushrooms and add to the skillet with more butter or oil if needed.
9. Cook until mushrooms are soft and then add sour cream.
10. Turn off heat and stir well.
11. Pour the mushroom mix over the pork chops and return to the oven for 20-25 minutes until cooked.
12. Serve with salad or saute spinach in the skillet to serve with it.

Day 4: Easy Goulash [Fast, one-pan] (Makes leftovers for lunches)

You need per person/serving:

- 1/2 pound ground beef, turkey, bison, etc (xFN- 2 lbs/family of 4)
- 1 small zucchini or yellow squash (xFN)
- 1/2 of an onion, diced (xFN)
- 1/2 of a diced sweet pepper (any color) (xFN)
- 1/4 of a can of diced tomatoes (xFN- 1 can/family of 4)
- 1 tablespoon of tomato paste (xFN- 1 6-ounce jar/family of 4)
- Spices to taste: chili powder, garlic, oregano, garlic powder, salt, pepper

What to do:

9. Brown meat in a large stock pot.
10. When starting to brown, add diced onions and peppers.
11. When they have softened, add the rest of the ingredients.
12. Continue cooking until zucchini has softened.
13. Spice to taste.
14. Enjoy!

Day 5: Fish Burgers and Baked Winter Squash with Salad

You Need per person/serving:

- 1/2 of a 15-ounce can of wild caught salmon (xFN-2/family of 4)
- 1/4 of an onion, very finely sliced (xFN- 1/family of 4)
- 1/4 tsp garlic powder
- 1 T parmesan cheese (optional)
- 1 tsp coconut flour or 1 TBSP almond flour (xFN)
- 1 egg (xFN)
- 1/2 tsp dijon mustard (optional but recommended)
- 1/2 of a medium winter squash (acorn, butternut, etc) (xFN)
- salt, pepper, cinnamon
- 1 tablespoon of butter
- 1 tablespoon of Parmesan cheese (optional)

What to do:

1. Preheat oven to 400 degrees.
2. Slice winter squash in half, scoop out seeds (save them to roast or plant!) and put upside down on a large baking dish with 1/2 inch of water.
3. Place in oven for 30-40 minutes (depends on size of the squash) or until soft.
4. While that is cooking, combine the salmon, onion, garlic powder, parmesan (optional), coconut or almond flour, eggs, dijon mustard and any other desired spices and mix well with your hands.
5. To cook, you can either (A) Form into patties and place on a large baking dish and add to oven or (B) Pan fry in coconut oil or tallow.
6. A- Bake 15-25 minutes or until cooked through; B- Heat oil and fry 2-5 minutes per side until cooked through.
7. When winter squash is soft, remove from oven and scrape out flesh. Discard the skin and top the flesh with butter, parmesan and cinnamon.
8. Serve with salmon burgers and salad.
9. Enjoy!

Day 6: Chicken Cordon Bacon [Easy]

You need per serving:

- 1 chicken breast (xFN)
- 2 slices of bacon (xFN)
- 2 slices of ham (xFN)
- 1 large piece of provolone or swiss cheese (optional)
- salt and pepper
- 1/2 tsp dijon mustard (optional)
- 1 tsp homemade mayo (optional)
- 1/4 lb or 1/2 bag of brussels sprouts (xFN)
- 1 tablespoon tallow, coconut oil or lard, in liquid state
- spices to taste: garlic, salt, pepper, etc
- Salad of choice (optional)

What to do:

1. Preheat the oven to 375 degrees
2. Cut the chicken down the middle lengthwise, but don't cut all the way through (butterfly it) so that it opens and is roughly double the size.
3. With a meat hammer or your hand, flatten, the chicken until it is between 1/4 and 1/2 inch thick.
4. Roll the piece of cheese into a thin log, and make sure that it is shorter than the width of the chicken.
5. Wrap the pieces of ham around the cheese and roll it up, securing the ends, so the cheese won't ooze out. (can do this without the cheese)
6. Spread one side of the flattened chicken with the mustard and mayo and place the ham and cheese roll on one end of the chicken.
7. Roll the rest of the chicken up, Wrap with two slices of bacon and place in a 9x13 baking dish.
8. Put in oven for approximately 45 minutes or until completely cooked.
9. As soon as chicken is in, cut Brussels Sprouts in half and toss with melted oil and any desired spices (sea salt and garlic is good).
10. Put on large baking sheet and put into the oven for 35-40 minutes. It should be done at about the same time as the chicken.
11. Remove chicken first and let cool for 5 minutes
12. Remove Brussels Sprouts and serve both with salad (if desired)
13. Enjoy

Day 7: Stuffed Sweet Potatoes

You need per serving:

- 1/4 lb ground sausage of choice (xFN - 1lb/family of 4)
- 1 handful of raw spinach (xFN- 1 bag/family of 4)
- 1/2 of an onion (xFN- 1 onion/family of 4)
- 1 medium to large sweet potato (xFN)
- salt, pepper, garlic powder, sage, and basil to taste
- 1 bunch of leeks- about 1/2 lb (per family, extra can be used in omelets or sautéed in butter)
- Optional toppings- raw, sharp cheddar cheese, sour cream

What to do:

1. Bake sweet potatoes for 45 minutes to an hour until soft (can be done ahead of time and re-heated)
2. Brown sausage in a large skillet.
3. When it is almost browned, dice onion and add.
4. Thinly cut leeks (white and light green parts only) into small slices and add.
5. Saute until all are cooked and spice to taste.
6. When sweet potatoes are soft, remove and cut in half lengthwise.
7. In a large baking dish or on a baking sheet, Flatten the sweet potato a little bit and add a big scoop of the stuffing mixture to the middle of the sweet potato, evenly dividing among them.
8. Top with cheese (if using)
9. Return to the oven for about 10 minutes to incorporate flavors and melt cheese.
10. Top with sour cream (optional) and serve.

Wellness Mama Meals Shopping List Week Two

Meat:

_____ chicken breasts (2xFN) or thighs (4xFN) (1,6)(breasts for at least one of those)
 _____ pounds ground beef (1 x FN + Leftovers)(2,6)

____ cans of wild-caught salmon (1/2 xFN plus extra if you want)(5)
____ pieces of nitrate free ham (2xFN plus extra if you want leftovers)(6)
____ pieces of bacon (2xFN)(6)
____ meat topping for Pizza: pepperonin, sausage, etc. (optional)(2)
____ Pork chops (1xFN)(3)
Enough extra meats for breakfasts and lunches throughout the week

Produce:

____ medium to large onions (2xFN) (2,4,7)
____ heads Broccoli (1 large head per every 3-4 people or 2-3 bags frozen per 4 people)(5)
____ 1 sweet pepper (xFN)(2,4)
____ sweet potatoes, medium to large (1xFN)(7)
____ pounds of fresh Brussles Sprouts (or bags frozen) (1/2 xFN)(6)
____ apples (1xFN)(3)
____ tomatoes (1xFN)(1)(2 optional)
____ medium zucchini or yellow squash (4)
____ winter squash, small to medium (1/2xFN)(5)
1 bunch or bag fresh spinach (on top of salad ingredients)(7)
1 bunch of fresh leeks (optional)(7)
1 large package of mushrooms (3)
Enough salad for lunches and dinners- will need for (1,3,6)
Fruit of choice
other veggies like cucumber, peppers, celery, etc for snacks
apples, oranges or other desired fruits

Other:

2eggs (xFN)(1,5) plus breakfasts all week
____ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)
chicken or beef broth/stock (1/4 cup per person/serving)(1)
1/4 pound Mozzarella cheese (xFN)(optional)(2)
1/4 cup cheddar or gouda cheese (xFN optional)(2,5)
1/2 cup sour cream (xFN optional)(1,3,7)
1 big slice of provolone, swiss or cheddar cheese (xFN- optional)(6)
1 (15 ounce) cans of regular diced tomatoes (per 4 people)(4)
1 small jar tomato paste (per 4 people)(4)
1 -24 ounce jar of pasta/pizza sauce (check ingredients) (per 4 people)(2)
2 tablespoons dry white wine (xFN)(optional- can sub broth instead)(1)
1 small jar of capers (optional) (1)
almond flour or coconut flour or almonds to grind into powder (1,5)
Dijon mustard (optional)(5,6)

Snack options: nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend), tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.

Other: _____

Make sure you have: lemon juice, salt, pepper, garlic, oregano, basil, homemade mayo (optional), lemon juice, tallow, lard or ghee to cook in, coconut oil, coconut or almond flour

Wellness Mama Meals
Meal Plan - Week Three

Day 1: Roasted Chicken and Vegetables

You Need per person/serving:

- 1 Whole chicken for every 3-4 people or more for leftovers (2 for family of 4)
- 2 tablespoons of butter or healthy oil
- 1/2 lb of Brussels sprouts (1/2xFN- about 2 pounds or 2 bags frozen/family of 4)
- 1/4 of a medium onion (1 per family of 4)
- 2 carrots (FN)
- 1/2 tsp or more of garlic powder, salt, pepper, Italian Seasoning or other herbs of choice
- 1 sweet potato
- butter and sea salt for sweet potatoes

Instructions:

20. Preheat oven to 375.
21. Rinse chicken and pat dry.
22. Place chicken in large roasting pan or baking dish (I roast two in my turkey roaster)
23. Slice Brussels sprouts in half and slice onion and carrots into thick slices.
24. Place vegetables (not including sweet potatoes) around chicken.
25. Rub butter over chicken and sprinkle spices of choice over chicken and vegetables.
26. Place chicken/vegetables and sweet potatoes in the oven.
27. Roast for 60-80 minutes to an internal temperature of at least 170.
28. Toss vegetables several times during baking if possible.
29. Remove and serve.

Tip: Save extra chicken and bones for chicken soup, or make chicken salad with leftover chicken meat.

Day 2: Sausage and Cabbage Soup

You Need per serving:

- 1/4 pound sausage (ground or links) (xFN)

- 2 cups chicken broth (xFN 2 quarts/family of 4)
- 1/4 head of cabbage (xFN- head/family of 4)
- 1/4 bunch of swiss chard or kale, rough chopped (xFN- 1 bunch per family of 4)
- 1/4 onion (xFN- 1 onions/family of 4)
- 1/2 of a 15 ounce can stewed or diced tomatoes (xFN- 2 cans/family of 4) Can use jar tomatoes or home canned if you have them
- Seasonings of choice (about 1/4 tsp each per person) basil, thyme, garlic powder, salt, pepper, cayenne, etc.

Instructions:

1. Brown sausage in large soup pot.
2. Remove any extra fat (if any).
3. Chop all vegetables and add to pot.
4. Add broth, diced tomatoes and seasonings and bring to a boil.
5. Reduce heat and simmer 20-25 minutes or until vegetables are soft.
6. Enjoy!

TIP: This recipe will make extras for leftovers.

Day 3: Beef and Broccoli Chinese Stir Fry

You Need per serving:

- 1/4-1/2 lb flank steak (1-2 lbs per family of four)

- 1/2 bag frozen broccoli or 1/2 head fresh (2 bags or 2 heads/ family of 4)
- 1 tablespoon butter
- 1/4 of a large onion, chopped (1 large onion/family of 4)
- About 1/4 tsp each of garlic, salt, pepper, and ginger (optional)
- 1 tablespoon fermented soy sauce or coconut aminos to taste (1/4 c/family of 4)
- 1 tablespoon honey (1/4 c/family of 4)(optional)
- 1 tablespoon beef broth (1/4 cup/family of 4)
- Salad and dressing of choice.

Instructions:

1. Very thinly slice steak and sprinkle with salt, pepper, garlic, ginger and a little soy sauce.
2. Cut broccoli into florets and thinly slice onions.
3. Heat oil in Wok or very large skillet.
4. When hot, add meat and cook until browned.
5. Add onions and broccoli and cook until softened.
6. Mix honey, soy sauce, and additional spices in a bowl.
7. Add sauces to pan and simmer for 1-2 minutes to incorporate flavors.
8. Optional- Add additional butter at the end for extra good fats.
9. Serve with salad (optional)

TIP: This recipe is easy to make extra to eat for lunches the next day, so consider this when planning your list.

Day 4: Spinach and Artichoke Chicken Crock Pot with Green Beans and Salad[Easy]

Ingredients:

- 1/2 pound of chicken breast, thighs or strips (or one of those bags of frozen chicken)(xFN) NO BONES!
- 1/4 of a package of frozen chopped spinach, very well drained (xFN- 1 package, family of 4)
- 1 large (about 15 ounce) jar of marinated artichoke hearts per every 4 people (save extras for salads or omelets if any extra)
- 2 ounces of cream cheese (optional)(xFN-one 8-ounce package of cream cheese/family of 4)
- 2 Tablespoons Parmesan cheese (xFN-1/2 cup/family of 4)(optional)
- 1/4 cup Mozzarella Cheese (optional)(xFN)
- Garlic powder, salt, pepper
- 1/2 pound fresh or 1/2 bag (frozen) green beans (xFN)
- 1 tablespoon of butter.

How to Make:

1. Chop chicken into bite sized pieces, season with garlic, salt and pepper and place in crock pot for 2 hours (on high) or 4 hours (on low) [Note: This can vary by crock pot.]
2. When chicken is almost cooked, add the well drained spinach, can of artichoke hearts, cream cheese, and parmesan cheese.
3. Cook for another 1/2 hour to an hour until cheeses are well melted and stir to incorporate flavors.
4. Boil 2 quarts of water in a medium saucepan and add green beans. Boil until cooked and strain.
5. Top green beans with butter.
6. Top chicken mixture with mozzarella cheese and serve.

Day 5: Grain Free Eggplant Parmesan with Salad

Ingredients

- 1 small to medium sized eggplant (xFN)
- salt
- about 2 Tablespoons of coconut flour (or 1/4 cup almond flour)(xFN)
- garlic, salt, pepper and basil leaf
- 1 eggs (xFN)
- 1 teaspoon heavy cream or water(optional)(xFN)
- 6 ounces of pasta sauce (check ingredients!)(xFN- 1 24-ounce/family of 4)
- 2 tablespoons Parmesan cheese (xFN-optional)
- 1/4 cup Mozzarella cheese (xFN-optional)
- tallow, lard or coconut oil

How to Make Healthy Eggplant Parmesan

1. Optional Step (recommended): About an hour before preparing, peel eggplant and slice into 1/4 to 1/2 inch slices. Place eggplant in strainer and sprinkle heavily with salt. Let sit for 45 mins to 1 hour. This sweats the eggplant and makes it much less bitter. Rinse well with water and pat dry
2. Put lard, tallow or coconut oil (about 1-2 cups) in a large skillet and turn on medium heat.
3. Preheat oven to 350 degrees
4. Mix coconut or almond flour, 1 T parmesan (per person) and spices in large bowl or on a large plate
5. Beat eggs with heavy cream, if using
6. Dip eggplant in egg mixture, then in coconut flour mixture and place in hot oil in skillet
7. Cook approximately 4 minutes per side until browned
8. As eggplant is finished, place in a 13×9 baking dish
9. Pour pasta sauce over the eggplant and then top with parmesan and mozzarella, if desired
10. Heat in oven until cheese is melted and sauce is heated.

Day 6: Bacon Cheese Burgers with Baked Sweet Potato Fries

You need per person per serving:

- 1/4 lb or more ground beef or bison (xFN)
- 2 pieces of bacon (xFN)
- 1/4 of an onion, finely minced (xFN)
- salt and pepper to taste
- 1 tablespoon Worcestershire sauce (xFN)(optional)
- 1/4 of a tomato (sliced)(xFN- 1 tomato/family of 4)
- 1 head of romaine or iceberg lettuce per family of 4
- Other toppings: thinly sliced onion, avocado, pickles, mustard, ketchup, homemade mayo, etc
- 1 medium sweet potato
- 1 tablespoon lard, tallow or coconut oil
- sea salt, pepper and cinnamon (optional) - about 1/2 tsp each per person

What to do:

1. Preheat oven to 375 degrees.
2. Grease a large baking sheet with the tallow, lard or coconut oil.
3. Peel sweet potatoes and cut into “fries” and place on baking sheet.
4. Sprinkle with sea salt, pepper, and cinnamon(if using) and place in oven for about 35-40 minutes.
5. In large skillet or wok, Cook bacon over medium high heat until cooked.
6. While it’s cooking, mix ground meat, minced onion, salt, pepper and Worcestershire (if using) and form into enough burgers for your family.
7. When bacon is cooked, remove from pan and place burgers in the same pan (or grill if you’d prefer) and cook 4-7 minutes per side until done.
8. Rinse lettuce and assemble ingredients for burger toppings.
9. Remove fries from oven, and let everyone assemble burgers with their desired toppings, using the lettuce as buns.
10. Enjoy!

Day 7: Easy Baked Pork Chops

You need per person/serving:

- 1 pork chop (1xFN)
- 1 apple, peeled and thinly sliced
- 1 tablespoon of balsamic vinegar (optional)
- salt, pepper and rosemary to taste
- 1 tablespoon of butter or oil
- 1 small zucchini

What to do:

1. Preheat oven to 350 degrees.
2. Melt butter in baking dish and place pork chops in dish.
3. Season with salt, pepper, rosemary and any other desired spices and drizzle with balsamic vinegar.
4. Top with thinly sliced apples (can saute them in butter first to soften, if desired)
5. Slice zucchini and place on a well buttered or oiled baking sheet and sprinkle with spices.
6. Bake 20-30 minutes or until meat has an internal temperature of at least 140.

Tip: Can sub chicken if you don't eat pork.

Wellness Mama Meals Shopping List Week Three

Meat:

_____ chicken breasts (1xFN) or thighs (2xFN) (4)NO BONES!
 _____ whole chickens (1 for every 3-4 people)(1)

_____ pounds ground beef (1/4 lb x FN + Leftovers)(6)
_____ pounds flank steak (1/4 to 1/2 lbsxFN)(3)
_____ pounds ground or link sausage (1/4 lb xFN)(2)
_____ pork chops (1xFN)(7)
1 package of bacon
_____ Enough extra meats for breakfasts and lunches throughout the week

Produce:

_____ medium to large onions (2xFN) (1,2,3,6)
_____ pounds Brussles Sprouts (1/2 lb xFN)(1)
_____ 1 head fresh pineapple or 1-15 ounce can in juice per 4 people)(2)
_____ sweet potatoes (2xFN)(1,6)
_____ salads for dinners (2,5)
_____ heads cabbage (1/4 xFN)(2)
_____ heads of Romaine Lettuce (1/4 xFN)(6)
_____ carrots (2-3 per person)(xFN)(1)
_____ avocados (1/2 xFN- optional, for toppings) (6)
_____ bunches of Kale (1/4 xFN)(2)
_____ heads of broccoli (about 1/4 xFN)or 1/2 bag frozen (XFN)(3)
_____ pounds of green beans (1/2xFN) or 1/2 bag frozen (xFN)(4)
_____ small eggplants (1xFN)(5)
1 tomato (optional, for toppings)(6)
_____ apples (1xFN)(7)
_____ zucchini(1xFN)(7)

Enough salad for lunches and dinners
other veggies like cucumber, peppers, celery, etc for snacks
fruit for snacks

Other:

1eggs (xFN)(5) plus breakfasts all week
_____ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)(or coconut oil)
1 package of frozen spinach per 3-4 people (4)
1/4 cup Parmesan Cheese (xFN optional)(4)
1/2 cup Mozarella Cheese (xFN)(optional,4)
1 package cream cheese (optional, 4)
honey or maple syrup or molasses (3)
6 ounces of pasta sauce (xFN)(5)
1/2 (15 ounce) can diced tomatoes (xFN)(2)
2 cups chicken broth (xFN)(2)
Fermented soy sauce or coconut aminos
1 (about 15 ounce) can or jar of marinated artichoke hearts per 4 people(4)
1 tablespoon beef broth (xFN)(opt, can sub chicken broth)
Snack options: nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend),
tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.
Other: _____

Make sure you have: Almond flour or coconut flour, basil, garlic powder, minced onion, parsley, apple
cider vinegar, olive oil, tallow or coconut oil or lard, oregano, sea salt, pepper, other spices to taste,
worcestershire sauce, pickles, mustard, ketchup and other desired burger toppings

Wellness Mama Meals
Meal Plan - Week Four

Day 1: Mini-Meatloaf Cakes with Sweet Potato “Frosting” with Broccoli

You Need per serving:

- 1/3 pound (or more for leftovers) of ground beef, turkey, venison, bison, etc (xFN)
- 1 egg per every 2 people (xFN)
- 1 tsp coconut flour or 1 tbsp almond flour (xFN)
- 1/2 tsp dried basil (xFN)
- 1/2 tsp garlic powder (xFN)
- 1/4 of an onion (xFN)
- 1 tablespoon Worcestershire sauce (optional)
- salt and pepper to taste
- 1 sweet potato (xFN)
- 1 tablespoon of butter or coconut oil (xFN)
- 1/4 large head or 1/2 bag (frozen) broccoli (xFN)
- 1 pat of butter (xFN)

Instructions:

1. Preheat the oven to 375 degrees
2. Finely dice the onion or puree in a blender or food processor.
3. In a large bowl, combine the meat, eggs, flour, basil, garlic powder, pureed onion, Worcestershire sauce, and salt and pepper and mix by hand until incorporated.
4. Grease a muffin tin with coconut oil or butter and evenly divide the mixture into the muffin tins to make 2-3 meat “muffins” per person. If you don’t have a muffin tin, you can just press the mixture into the bottom of an 8x8 or 9x13 baking dish.
5. Put into oven on middle rack, and put a baking sheet with a rim under it, in case the oil from the meat happens to spill over (should only happen with fattier meats if at all)
6. For sweet potatoes: if they are small enough, you can put them into the oven at the same time, if not you can peel, cube and boil them until soft.
7. When meat is almost done, make sure sweet potatoes are cooked by whichever method you prefer, and drain the water if you boiled them.
8. Mix with butter and salt or pepper if desired and mash by hand or with an immersion blender.
9. Boil water and cook broccoli until soft. Pour off water, toss with butter.
10. Remove meat “muffins” from the oven and remove from tin. Top each with a dollop of the mashed sweet potatoes to make it look like a cupcake.

Day 2: Hearty Chicken Soup [Easy, Pretty fast]

You Need per person/serving:

- 1 bone in chicken breast, 2 thighs or drumsticks, or a whole chicken for the family
- 2 -3 ribs of celery (xFN)

- 1/2 of an onion (xFN)
- 2-3 carrots (xFN)
- 2-3 cloves of garlic (xFN)
- about 1 cup of chopped kale (xFN)
- 1/2 tsp of each of the following spices or to taste: garlic powder, turmeric, sea salt, basil, thyme, oregano, and marjoram

Instructions:

30. Put meat in slow cooker a large stock pot and add 2-3 cups of water per person- at least enough water to cover the meat. This will be your stock, so just make sure there is enough liquid, but you will be adding a lot more to it, so save room.
31. Bring to a boil and cook 20-30 minutes (or more for whole chicken) or until meat is cooked and starting to pull away from bone.
32. Remove chicken.
33. Wash and rough chop the carrots, celery, onion and garlic and add to pot.
34. Add spices and return to a boil.
35. Boil 10 minutes or until vegetables are starting to soften.
36. Add kale and cook an additional 10-15 minutes or until softened.
37. While the vegetables are cooking, remove chicken from the bones and chop into small cubes.
38. Add the chicken to the pan and continue cooking until all vegetables are soft and chicken is well-heated.
39. Serve warm topped with cheese or sour cream (optional)

Day 3: Stuffed Pork Loin with Salad

You Need per person/serving (makes leftovers!):

- pork loin (use 1/2 to 1 pound per person) can sub turkey loin if you don't eat pork
- 1/2 of an apple (xFN)

- 1/2 of an onion (xFN)
- 2 tablespoons of chopped, toasted pecans (xFN) (can toast your own for a few minutes in a 350 degree oven)
- 2 tablespoons of goat cheese (xFN) can sub Feta if you can't find goat (optional)
- 1 tablespoon Parmesan cheese (xFN)(optional)
- about 1/4 cup packed (a small handful) of frozen spinach (well drained) (xFN)
- 1 tablespoon of butter or coconut oil (xFN)
- 1 tsp dijon or whole grain mustard
- 1 tsp honey or maple syrup
- Salt, pepper, and garlic powder to taste

What to do:

1. Preheat oven to 400 degrees.
2. Butterfly the pork loin by cutting down the middle vertically along the longest point (cut almost in half but not completely). Use a meat hammer or other utensil to pound the pork loin to under an inch thick and lay flat on a baking sheet or 9x13 baking dish with the fattier side down.
3. Dice the onions and apple and saute with the butter in a skillet until starting to soften.
4. Turn off heat and remove the pan from the heat.
5. Add spinach, goat cheese and parmesan cheese and mix well.
6. Evenly spread on the flattened pork loin and carefully roll the pork up until all the filling is in the middle, Pin with toothpicks if needed and place in the middle of the baking dish or baking sheet.
7. Mix the mustard and the honey or maple syrup and rub on the outside of the pork loin.
8. Place in the oven for 25-30 minutes at 400 degrees and then reduce the heat to 350 and cook for 20-30 minutes more per pound until well cooked (internal temp of 145-150). If the outside starts to dry out too much, cover with foil.
9. Remove from oven and serve with salad of choice (feta is great on top of salad!)

Day 4: Easy Pumpkin Chili (fast and easy!)

You need per person/serving:

- 1/3 pound of ground beef (xFN)
- 1/2 of an onion (xFN)

- about 1/2 cup pureed pumpkin (either fresh or canned) (xFN- about one 15 ounce can per family of 4)
- 1/2 of a 15 ounce can of diced tomatoes (xFN)
- 1/4 cup tomato sauce (xFN)
- 1/4 cup chicken or beef stock (can sub water and some garlic powder if needed) (xFN)
- spices to taste. I recommend about 1 teaspoon per person each of: chili powder, cumin, salt, paprika, garlic and cayenne if you like spicy
- Optional toppings: sour cream, cheese, avocado

What to do:

1. Brown beef in large stock pot.
2. When beef is almost completely cooked, add the onions and cook until soft.
3. Add the pureed pumpkin, diced tomatoes, tomato sauce, stock and spices.
4. Simmer for 10-15 minutes or until heated through and flavors are incorporated.
5. Top with sour cream, cheese or avocado slices if desired and enjoy!

Day 5: Grilled Salmon with Hollandaise and Asparagus [Fast, easy]

You Need per person/serving:

- 1 piece of salmon (wild caught if possible) (xFN)
- salt, pepper, and dill, to taste

- 1 egg yolk (keep the whites for breakfasts)
- 2 tablespoons of melted butter
- 1 tsp fresh squeezed lemon juice
- salt and pepper to taste
- 1/4 to 1/2 pound of asparagus spears
- dash of oil or fat of choice
- optional salad with toppings of choice

What to do:

1. Preheat oven to 400 degrees.
2. Place fish on an oiled baking dish and sprinkle with salt, pepper and dill.
3. Put into oven.
4. Break off rough bottoms of asparagus (hold each end lightly, they will naturally break at the right point) and toss with sea salt and oil/fat of choice and place on a baking sheet.
5. Place asparagus in the oven with the salmon.
6. Cook asparagus and salmon for 15-20 minutes (or less depending on thickness) or until salmon is cooked through and starting to flake and asparagus has started to soften and brown slightly.
7. While those are cooking, melt the 2 tablespoons of butter per person.
8. Whisk egg yolks with lemon juice in a bowl until smooth.
9. Put the bowl with the egg yolks on top of a small pan of boiling water or in a double boiler.
10. Whisk the egg yolks constantly until they start to barely thicken with the heat.
11. While continuing to whisk, slowly add the melted butter in and whisk for 2-3 more minutes or until starting to thicken.
12. Remove salmon and asparagus from oven and top with hollandaise sauce.
13. Serve immediately with salad (optional)
14. Enjoy!

Day 6: Chicken Kale Stir Fry [Fast, Easy]

You need per person per serving:

- 1 chicken breast or 2 thighs (xFN)
- 1 tablespoon of butter (xFN)

- 1/4 of an onion (xFN)
- 1-2 green onion stalks (or chives) finely sliced (xFN)
- 1 cup (or more) of chopped kale (xFN)
- about 1/2 tsp of each or to taste: garlic powder, basil, salt, pepper and thyme
- 1/2 teaspoon of vinegar of choice (balsamic, apple cider or wine) (xFN)(optional)

What to do:

1. In large skillet or wok, heat the butter until melted.
2. Chop the chicken into bite sized pieces and add to heated pan.
3. Cook chicken until well cooked.
4. Add diced onions and green onions.
5. Add the spices and the vinegar to de-glaze the pan.
6. Add the chopped kale and continue to cook, stirring often, until greens are wilted and cooked.
7. Serve immediately and enjoy!

Day 7: Sausage, Apple and Cabbage Hash [Fast and Easy]

You need per person per serving:

- 1/4 pound ground sausage (breakfast sausage will work- nitrate free if possible)(xFN)
- 1 apple, peeled and thinly sliced (xFN)

- 1 cup (about 1/4 of a head) of thinly sliced cabbage (red cabbage works great, or a mix!) (xFN)
- 1/4 of an onion, thinly sliced (xFN)
- 1 tablespoon of butter (xFN)
- sea salt and pepper to taste
- A small dash of sage and nutmeg (don't overdo it!)

What to do:

1. In large skillet or wok , brown the sausage until cooked and remove from pan.
2. Make sure cabbage, onion and apple are all thinly sliced.
3. Heat the butter in the pan until melted and add onion and apple.
4. Cook for 3-5 minutes until starting to soften.
5. Add cabbage and continue cooking until cabbage is soft (may need to add a couple tablespoons of water and cover for a couple minutes to speed the softening, especially with red cabbage)
6. Spice to taste and add sausage back to pan.
7. Serve immediately.

Wellness Mama Meals Shopping List Week Four

Meat:

_____ chicken breasts (2xFN) or thighs (4xFN) (2,6)(or whole chicken for one of the nights)

_____ pounds ground beef (2/3 x FN + Leftovers)(1,4)
_____ pounds pork loin (.5-1 lbsxFN)(3)
_____ pounds of ground sausage (breakfast is good- nitrate free)(xFN)(7)
_____ pieces of wild-caught salmon (xFN plus extra if you want)(5)
_____ Enough extra meats for breakfasts and lunches throughout the week

Produce:

_____ medium to large onions (2.5xFN) (1,2,3,4,6,7)
_____ heads Broccoli (1 large head per every 3-4 people or 2-3 bags frozen per 4 people)(1)
_____ apples (2xFN)(3,7)
_____ 1 sweet potato (xFN)(1)
_____ heads or Romaine Lettuce (1/2 xFN)(4)
_____ bunches of kale (around 1 large handful per person-2 bunches/family of 4))(2,)
_____ about 1/4 of a block of frozen spinach (1/4 xFN)(3)
_____ carrots (2-3 per person)(xFN)(2)
_____ avocados (1/2 xFN- optional, for toppings) (4)
_____ pounds of asparagus (1/4 to 1/2 pound per person xFN)(5)
_____ heads of cabbage (about 1/4 xFN)(red cabbage works well here or a mix of green and red)(7)
1 head of celery (per every 3-4 people)(2)
1 bulb of garlic(2)
1/2 of a lemon (xFN)(5)
2-3 stalks of green onion (xFN)(1 bunch per family of 4)(6)
Enough salad for lunches and dinners
other veggies like cucumber, peppers, celery, etc for snacks

Other:

2eggs (xFN)(1,5) plus breakfasts all week(3)
_____ pounds of butter (1/2xFN + for cooking eggs for breakfasts and dinners)(or coconut oil)
chicken or beef broth/stock (1/4 cup per person/serving)(4)
2 tablespoons of chopped pecans (xFN-1/2 cup/family of 4)(3)
1 tablespoons Parmesan Cheese (xFN optional)(3)
2 tablespoons of goat cheese or feta cheese (optional)(xFN)(3)
about 1/2 cup of pureed pumpkin (fresh or canned)(xFN)(4) (one 15 ounce can per 4 people)
1/4 cup tomato sauce (xFN)(4)
sour cream (xFN optional)(4)
Cheddar or other cheese for topping (4)
_____ (15 ounce) cans of regular or fire roasted diced tomatoes (1 per 2 people)(4)
dijon or whole grain mustard (3)
honey or maple syrup (3)

Snack options: nuts of choice, more eggs for deviled eggs, avocado or guacamole (highly recommend), tuna, canned wild caught salmon, almond butter, celery, apples, cream cheese, cucumbers, etc.

Other: _____

Make sure you have: salt, pepper, garlic, oregano, basil, tallow, lard or ghee to cook in, coconut oil, rosemary, thyme, turmeric, cumin, chili powder, dill, coconut flour or almond flour, worcestershire sauce, sage, nutmeg