



5 FOODS TO HELP YOU BEAT NEW MUM BURNOUT

INCLUDES MEAL IDEAS &
A SHOPPING LIST

By Sandrine Olmi N.T Dip. CNM, mBANT, rCNHC
Registered Nutritional Therapist and Certified Mind, Body, Eating Coach



Savoir
FAYRE

RECONNECTING PEOPLE
WITH *real* FOOD



contents

3. Foreword
4. Feed your brain with Omega 3 rich foods
5. Make friends with carbs again
6. Power up with legumes
7. Destress with Magnesium rich foods
8. Pimp your water
9. Your Daily Seven
10. Your Big One A Day
11. Your Energy-Boosting Shopping List
12. Contact me

FOREWORD

Has motherhood stolen your energy?



Do you struggle to get out of bed in the morning?

Do you feel lethargic around 3pm most days?

Do you get little sleep too many nights of the week?

Let's face it, being a mum is TOUGH. And our daily schedules are not going to change any time soon. We want to live life to the full, right? But you are probably thinking, how can I do this? I feel EXHAUSTED all the time!

Well, this can be changed. Our body is INCREDIBLE. It is doing a great job at keeping us breathing, sleeping, eating, working etc... BUT at times it can struggle to keep up and we NEED to recharge. If we don't replenish our body with vitamins and minerals it needs, this may lead to EXHAUSTION.

If you have just had a baby, did you know that it can take up to 2 YEARS for the body to recover fully physically and mentally? Of course, everyone is different and some may recover quicker with the right care and support.

PREGNANCY and LACTATION are crucial periods when it comes to nutrition. An increased amount of minerals and vitamins is required to keep the mother and the growing foetus healthy. After birth and during lactation, the body can be left depleted of nutrients such as iron, folate, vitamin D, iodine, calcium, copper, magnesium, selenium and zinc.

This is because the growing baby is taking all he needs to develop fully and can leave the mother short if the diet is not sufficiently nourishing. If you are currently breastfeeding, feel free to contact me for a specific lactation diet.

Pregnancy can also have an impact on how you feel mentally. Many new mothers may experience symptoms of low mood, loss of interest, fatigue and irritability after giving birth. The symptoms of postnatal depression are similar to the symptoms of depression. If you feel this way, it is important to seek help from your GP, health visitor and/or midwife. It is totally OK to talk about how you feel after having a baby.

As a Nutritional Therapist and a working mum myself, I want to help new mums like yourself rediscover their energy, vitality and "joie de vivre". Lack of sleep, the fluctuation of hormones in the body and the stress of coping with a new born can all have a big impact on your body. This is the time in your life when you should be kind to yourself. Nutrition is the first thing you can do to help your body build strength and resilience.

My advice is very SIMPLE and REALISTIC. The purpose of this E-book is to help you try new foods to boost your energy levels. If you like them, keep them, if you don't, move on to the next suggestion. Start small. Try one thing at a time. Don't worry if you can't follow all the suggestions. Try to find the ones that work for you. You may find that you have some of these ingredients in your cupboard already. If not, no worries, I have prepared a shopping list to make it easier for you.

Enjoy the journey. Kids grow up so fast. Make the most of it but don't forget to take care of yourself!

Feed your brain with Omega 3 rich foods

Some of us may experience forgetfulness, lack of concentration or poor memory. This is normal as the most energy-consuming organ is actually our brain. So in order to feel energised, we need to feed our brain with the fuel it needs.

Foods such as sardine, mackerel, walnuts and flaxseeds all help support our brain functions.

Meal ideas

BREAKFAST: Ground flaxseeds and walnut pieces to top your regular porridge

LUNCH: Sardine on sourdough bread with a side salad

AFTERNOON SNACK: a couple of dates and 4 walnut halves

DINNER: Mackerel, grated carrot, quinoa, and orange salad



Make friends with carbs again - Choose wholegrains

The bran and the germ (included in wholegrain bread) found in a grain of wheat contains B vitamins, iron, copper, zinc, magnesium, antioxidants, and phytochemicals all essential when feeling fatigued. Choosing wholegrains instead of foods made with highly processed white flour will increase your nutrient intake. To maintain a constant level of energy, it is best to consume some wholegrains at every meal combined with some protein and vegetables. Recommended wholegrains include **quinoa, buckwheat, brown rice and oats.**

Meal ideas

BREAKFAST: Brown toast with nut butter and fruit slices like banana or pear

SNACK: Oat cakes with hummus

LUNCH: Quinoa, roasted butternut squash and goat's cheese salad

DINNER: Buckwheat pasta with your favourite sauce



Power up with legumes

Beans and lentils are real powerhouses. If they haven't got their own space in your pantry yet, now is the time to reconsider. All legumes including **chickpeas, kidney beans, black beans, butter beans, peas, soybeans, and all types of lentils** provide fibre, protein, B vitamins, iron, copper, magnesium, manganese, zinc, and phosphorous. Not only will they provide you with energy, they may also help with weight management. Lentils are very quick to cook. If you are too busy to cook beans and chickpeas from scratch you can buy them in jars or pouches.



Meal ideas

BREAKFAST: Sweet potato toast with hummus and cherry tomato

LUNCH: Chickpea salad with tuna and romaine lettuce

DINNER: Puy lentils served with cod topped with pesto



Destress with Magnesium rich foods

After a very stressful period, you may find yourself feeling exhausted. That is because stress robs you of your energy and of your magnesium supply. Magnesium is a nutrient required to convert carbohydrates, fats and protein into energy.

Foods rich in magnesium include green leafy vegetables (spinach, kale, rocket), banana, avocado, legumes, seafood, pumpkin seeds, almonds and dark chocolate (70% cocoa minimum) to name a few.



Meal ideas

BREAKFAST: Kale or spinach frittata

SNACK: 1 handful of pumpkin seeds and almonds

LUNCH: Rocket, lentil and chicken salad

DINNER: Butternut squash and red lentil soup

Pimp your water

Poor hydration is often the **number one cause of fatigue**. I like to start the day with a mug of **warm water with the juice of half a fresh lemon** for added vitamin C. I drink this with a glass straw to protect the enamel on my teeth. I also keep a **water bottle** in my bag with added cut up fruit to make it a bit more interesting.

Finally I love drinking **green tea**. This wonderful ingredient contains high amounts of polyphenols, which are potent antioxidants. And according to research, the combination of caffeine and L-theanine, the “relaxing” amino acid in green tea, may have benefits for memory and reducing the decline in cognitive function as we get older.



There are many reasons why you may be feeling exhausted. It could be a nutrient deficiency, an illness, stress, hormone imbalance, digestive issues to name a few. If you feel that your diet is balanced but you still feel tired, feel free to get in touch for a free 20 minute telephone consultation.

To book your free consultation, *get in touch*.



Your Daily Seven

Fruit and vegetables contain many of the essential vitamins and minerals that your body cannot produce on its own. These make you feel healthy and full of energy.

You may be familiar with the 5 a day recommendation from the Government, to encourage the consumption of at least five portions of fruit and vegetables each day. Well, research shows that we need to increase our intake in order to get all the nutrients our body needs.

Please note that if you eat 2 portions of fruit and 3 portions of vegetables a day, you are already well on your way to reducing disease risks.

Here is a little guide to help you reach 7 a day.



Blueberries, raspberries,
strawberries, grapes, cherries etc...



Apples, tomatoes, avocados,
bananas, oranges, grapefruit, melon



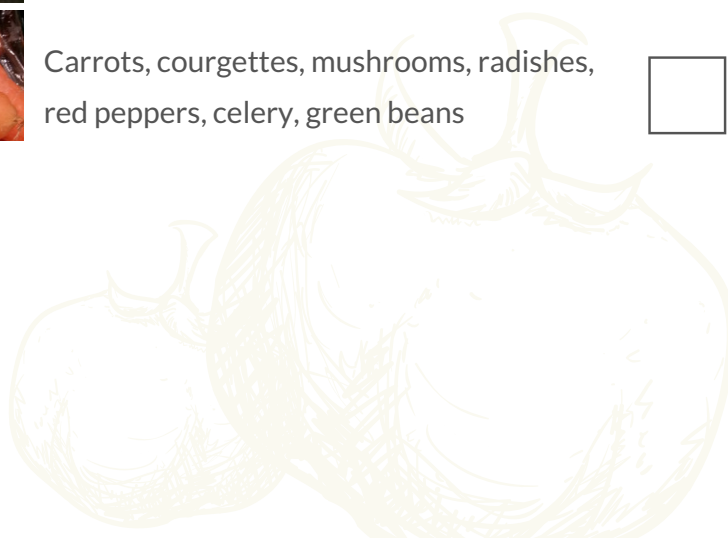
Broccoli, cauliflower, kale,
rocket, Brussel sprouts etc...



Lettuce, rocket, watercress,
chard, kale, spinach, pak choi



Carrots, courgettes, mushrooms, radishes,
red peppers, celery, green beans



Your Big One a Day

If you are struggling to add fruit and vegetables into your diet, why not start small with one big portion a day. Choose from either a smoothie, a salad, a soup, a large healthy snack or one half of your dinner plate with vegetables. Then, once you are comfortable with your BIG ONE A DAY, add another portion at a different meal.

Breakfast Smoothie

2 to 3 vegetables (leafy green + 2 others (celery / cucumber) + 1 fruit)



Lunch

Large salad with 3 vegetables minimum or a vegetable soup



Snacks

Vegetable sticks, cherry tomatoes, radishes, steamed vegetables + protein (hummus / meat / fish/egg / nuts)



Dinner

1/2 plate with 1 leafy green vegetable + 1 cruciferous + 1 other vegetable, 1/4 plate with protein + 1/4 plate with complex carbs

Your High-Energy Shopping List



Fruit

- Lemons
- Limes
- Oranges
- Blueberries
- Raspberries
- Bananas
- Seasonal Fruit

Vegetables

- Kale
- Cauliflower
- Broccoli
- Red Cabbage
- Spinach
- Rocket/ Watercress/
Chard/ Pak Choi
- Celery/ Cucumber/
Peppers
- Beetroot
- Carrots
- Green beans
- Avocados
- other seasonal vegetables

Legumes

- Green Lentils/Red
Split Lentils
- Chickpeas
- Black Beans/Butter
Beans
- Peas

Grains

- Quinoa
- Brown Rice
- Buckwheat
- Organic Oats

Proteins

- Organic Chicken
- Organic Turkey
- Wild Salmon/
Mackerel/ Sardine
- Anchovies/Herring
- Eggs (organic)

Other

- Dark Chocolate (70%+)

Nuts & Seeds

- Walnuts
- Almonds
- Brazil Nuts
- Flaxseeds
- Sunflower Seeds
- Sesame Seeds/Tahini
- Chia Seeds
- Pumpkin Seeds

Herbs

- Coriander
- Parsley
- Basil

Drinks

- Water
- Herbal Teas
- Plant based
Milk of your
choice



Contact me

Sandrine Olmi is a qualified Nutritional Therapist, mBANT, rCNHC and a Certified Mind Body Eating Coach.

She is specialising in Women's Health with a focus on Nutrition for New Mums. "Pause, Recharge, Bounce back ©" is a 6 week energy re-balancing programme for new mums.

For more information, visit www.savoirfayre.co.uk or email Sandrine at Sandrine.olmi@savoirfayre.co.uk.



Pause. Recharge. Bounce Back. ©

6 WEEK ENERGY RE-BALANCING PROGRAMME FOR EXHAUSTED NEW MUMS

Get in touch for a free 20 minute chat
Call Sandrine on 07983 335647

Savoir FAYRE

Feel free to connect with Sandrine on:



for recipe inspirations



facebook.com/savoirfayre/



[@savoirfayreUK](https://instagram.com/savoirfayreUK)