

# Healthy Pregnancy Super Foods

~Kate Tietje~  
[www.modernalternativemama.com](http://www.modernalternativemama.com)

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# Testimonials

“I wish I’d have had this book when I was pregnant with my first two children. The super foods that Kate talks about would have drastically changed my energy levels and how I felt overall during the pregnancy. I’m not currently pregnant, but I’m going to start adding some of these super food-rich recipes to my every day diet!”

**Ashley Pichea,**  
[www.blog.ashleypichea.com](http://www.blog.ashleypichea.com)

“A garden of information from a mom’s perspective, this book offers bountiful knowledge for a healthy pregnancy. I especially enjoyed the “Sneaky Ways to Eat Super Foods” and power packed recipes. You will be sure to nourish your growing baby and maintain a strong body by following the healthy tips and nutrient rich recipe’s in this delightful book.”

**Heather M Prenger, DC, CCSP®**

“Eating wonderfully nourishing foods during pregnancy is of utmost importance! We have just one chance to give our kids a solid nutritional base, and pregnancy is a great time to start. Easy recipes like this will help any expecting mama get the nutrients she and her little one need.”

**Donielle Baker,**  
[www.NaturallyKnockedUp.com](http://www.NaturallyKnockedUp.com)

“When I was pregnant with my first child 7 years ago, I was a stress-case. I made myself a stringent checklist of the foods that I was told I needed to eat, every single day (nausea or not) to ensure the health of my baby and myself. The truth is, pregnancy nutrition doesn’t have to be that hard, and Kate does a wonderful job of making a truly healthy, nourishing diet achievable, and even easy! Three babies later, I can say with confidence that the two simple rules of eating outlined in this book are the only things you really need to remember (bye-bye checklist).”

**Stephanie Langford,**  
[www.KeeperoftheHome.org](http://www.KeeperoftheHome.org)

# Testimonials

“Healthy Pregnancy Super Foods is informative and accessible. Now a few weeks into my third pregnancy, when the last thing I want to do is cook, it was great to be reminded about some common sense approaches to healthy eating. With detailed nutrition information and a variety of recipes, it’s easy to stay healthy and support your body and your growing baby, without having to spend all day in the kitchen.”

**Sarah Warren,**  
**[www.HeartlandRenaissance.com](http://www.HeartlandRenaissance.com)**

“I wish I’d had this book when I was pregnant with even one of my three children. The best part is how simple it is. Instead of overwhelming pregnant moms with complex diet recommendations, Kate takes a simpler approach. She recommends that women focus on getting nutrient-dense super foods in every bite. Her delicious recipes maximize how many super foods you get in every bite. Plus, she shares information about the very best supplements (no magic pills here) and support for morning sickness and breastfeeding. I highly recommend this book!”

**Wardeh (‘Wardee’) Harmon,**  
**[www.GNOWFGLINS.com](http://www.GNOWFGLINS.com)**

“This is the book I wish I’d had on hand when I was pregnant. It is a thorough handbook for a healthy, natural pregnancy, complete with meal tips and resource recommendations; a great place to start your pregnancy journey!

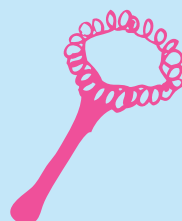
**Michele Augur,**  
**[www.FrugalGranola.com](http://www.FrugalGranola.com)**

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## Disclaimer

This book is written for educational and entertainment purposes only. The advice contained within it reflects my experience and my research. I am not a doctor and I am not intending to diagnose, cure, or prescribe anything to anyone. Read the information and recipes contained within this book and use them along with your doctor's advice and your own good judgment.

Please bring any questions about your particular situation to your doctor or midwife, and always trust your practitioner's advice over any individual reading or research that you do personally. Feel free to share this book with your practitioner and ask if this plan is appropriate for you.

Also, I am not an affiliate of any of the companies or products mentioned within this book, except where otherwise noted. I simply use, enjoy, and appreciate these companies and wanted to share them with you.



# Introduction



Welcome to Healthy Pregnancy Super Foods! While my first book was simply Real Food Basics, a book aimed at all people new to real food, this book is aimed at a special population: pregnant and nursing women.

Pregnant and nursing women have unique nutritional needs. They have higher caloric and fat requirements, they need additional nutrients, and they especially need particular nutrients. All of this while nurturing children, battling morning sickness and fatigue, and worrying about the upcoming baby!

There are lots of books out there on what pregnant women should eat; it's true. But in my experience they're either totally not doable – too much work, too complicated, or just things that don't sound good – or they're not correct (recommending low-fat diets, processed foods, etc.). The intent of this book is to be as a handy, doable guide to pregnancy and breastfeeding nutrition. There are a variety of meal ideas, super foods to focus on, herbs that will help support pregnancy, ways to combat morning sickness, and lots more.

These recipes and tips are also universal to all women, as they will help balance hormonal health and provide simply excellent nutrition. Many are also family-friendly, so women don't need to feel like they should have to prepare separate food for the rest of the family. Indeed, although these recipes help to meet the unique nutritional requirements of pregnant and nursing women, they are still delicious, excellent nutrition for everyone.

Are you ready? Take a deep breath, here we go!



Since July, 2010, I've been writing posts as part of the "Healthy Pregnancy Series." These posts address all types of issues related to pregnancy; ranging from diet to morning sickness remedies, as well as from finding a doctor to where and how to give birth! Below is a list of all the posts (up through December, 2010) with summaries. If you're interested, be sure to visit the blog, [www.modernalternativemama.com](http://www.modernalternativemama.com) to read the full posts and read any that are posted after this book is published.

## Healthy Pregnancy Series Introduction

A few details on the healthy pregnancy series – topics we hope to cover and more! <http://www.modernalternativemama.com/blog/2010/7/7/healthy-pregnancy-series-introduction.html>

## Top 10 Things to Do When You Find Out You're Expecting

What are the first things you should do when you get pregnant? Find a doctor, check your diet, learn about birthing options in your area, and more! <http://www.modernalternativemama.com/blog/2010/7/14/healthy-pregnancy-series-top-10-things-to-do-when-you-find-o.html>

## Options in Maternity Care

Obstetricians and hospital births aren't the only option out there. Learn more about different types of midwives and under what circumstances you might be best suited to a particular type of practitioner. <http://www.modernalternativemama.com/blog/2010/7/21/healthy-pregnancy-series-options-in-maternity-care.html>

## Common Maternity Tests

When you get pregnant, you will likely be subject to a lot of tests. This post details what tests to expect, when to expect them, and gives pros/cons about the tests (they're not all necessary!). <http://www.modernalternativemama.com/blog/2010/7/28/healthy-pregnancy-series-common-maternity-tests.html>

## Prenatal Visits

When will you see your doctor? How often? What will you do there? This post gives the usual schedule of visits and what to expect at each. <http://www.modernalternativemama.com/blog/2010/8/4/healthy-pregnancy-series-prenatal-visits.html>

## Diet Revisited

Learn more about what a healthy pregnancy diet is – and isn't, and why. This post gives a general outline of what you should be eating. <http://www.modernalternativemama.com/blog/2010/8/11/healthy-pregnancy-series-diet-revisited.html>

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## Managing Morning Sickness

Morning sickness is an unfortunate fact of life for many pregnant women. In this post you can find some natural ways to cope with it (more are found later in this book!). <http://www.modernalternativemama.com/blog/2010/8/18/healthy-pregnancy-series-managing-morning-sickness.html>

## Ultrasounds

Are they harmless and beneficial? Or is there more to it? Read this before you decide to get routine scans in low-risk pregnancies; they may not be necessary and could potentially be harmful. <http://www.modernalternativemama.com/blog/2010/8/25/healthy-pregnancy-series-ultrasounds.html>

## Balancing Pregnancy and Breastfeeding

Are you still breastfeeding an older baby or child? You can continue during pregnancy! Read more about how to balance it, your increased needs, and a bit about tandem nursing. <http://www.modernalternativemama.com/blog/2010/9/1/healthy-pregnancy-series-balancing-pregnancy-and-breastfeeding.html>

## Internal Exams

When should you expect them? When are they necessary? Many doctors do them frequently, but it's not always a good idea to do them except if there is a concern, or during labor. Find out why. <http://www.modernalternativemama.com/blog/2010/9/8/healthy-pregnancy-series-internal-exams.html>

## Pre-conception and Conceiving

How can you make your body healthy in order to conceive? How can you increase your chances? Find out more! <http://www.modernalternativemama.com/blog/2010/9/15/healthy-pregnancy-series-pre-conception-and-conceiving.html>

## Infertility

What happens if you don't conceive so easily? Learn causes and solutions for infertility. <http://www.modernalternativemama.com/blog/2010/9/22/healthy-pregnancy-series-infertility.html>

## Signs You Need a New Doctor

The first doctor you meet during your pregnancy may not be for you. If a doctor makes you uncomfortable or does any of these things, it's time to find someone new. <http://www.modernalternativemama.com/blog/2010/9/29/healthy-pregnancy-series-signs-you-need-a-new-doctor.html>

## Choosing Homebirth

Homebirth is on the rise, for many reasons. Could it be for you? I interviewed 5 women about their experiences with homebirth, so my readers could see it from multiple perspectives (not all were successful). <http://www.modernalternativemama.com/blog/2010/10/6/healthy-pregnancy-series-choosing-home-birth.html>

## When to Call the Doctor

Is something wrong? Do you need to call a professional? Pregnancy is a time of new and unusual symptoms, which can be worrying. This post lists emergencies, “wait and see, but probably call,” and “normal, but weird” symptoms you may experience. <http://www.modernalternativemama.com/blog/2010/10/13/healthy-pregnancy-series-when-to-call-the-doctor.html>

## Herbs to Support Pregnancy

There are a number of herbs which may be beneficial during pregnancy, by toning the uterus and balancing your hormones. This details which, why, and how, in a basic, introductory way. <http://www.modernalternativemama.com/blog/2010/10/20/healthy-pregnancy-series-herbs-to-support-pregnancy.html>

## The Rhogam Shot

If you are RH negative, chances are you will be told you need this shot. But do you? This post details situations in which you may need it – and situations in which you may be better off refusing. <http://www.modernalternativemama.com/blog/2010/10/27/healthy-pregnancy-series-the-rhogam-shot.html>

## Pregnancy Tea

This is the basic recipe for pregnancy tea (a more detailed version is given in this book). <http://www.modernalternativemama.com/blog/2010/11/3/healthy-pregnancy-series-pregnancy-tea.html>

## Choosing a Delivery Site

Where should you have your baby? Which hospital – or birthing center? Or at home? Learn the pros and cons of each option. <http://www.modernalternativemama.com/blog/2010/11/10/healthy-pregnancy-series-choosing-a-delivery-site.html>

## Writing a Birth Plan

A birth plan is something that can help you in the delivery room. It makes sure everyone knows your wishes. What should be included in a birth plan? How do you write it? And what happens in an emergency? <http://www.modernalternativemama.com/blog/2010/11/17/healthy-pregnancy-series-writing-a-birth-plan.html>

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## Pregnancy During the Holidays

It can be hard to be pregnant during the holidays. How do you cope with morning sickness, traveling, aches and pains, and more? Here are some ideas. <http://www.modernalternativemama.com/blog/2010/11/24/healthy-pregnancy-series-pregnancy-during-the-holidays.html>

## Handling Aches and Pains

When OTC medication isn't a good answer, what else can you do to soothe the aches and pains that happen in pregnancy? Find several ideas here. <http://www.modernalternativemama.com/blog/2010/12/1/healthy-pregnancy-series-handling-aches-and-pains.html>

## Miscarriage and Loss

Unfortunately, some women who get pregnant don't stay that way. This is the story of one woman's experience, including some cautions and information on miscarriage. <http://www.modernalternativemama.com/blog/2010/12/8/healthy-pregnancy-series-miscarriage-and-loss.html>

## Second Trimester Issues

While the second trimester is usually easier than the first (morning sickness abates), it comes with its own unique issues as blood volume expands and the baby grows rapidly. Find out what to expect and how to cope. <http://www.modernalternativemama.com/blog/2010/12/15/healthy-pregnancy-series-second-trimester-issues.html>

## Working During Pregnancy

If you're a working, pregnant mama, how do you cope? Morning sickness at the office? Fatigue during meetings? Pain associated with your job duties? Here's how to deal – and when to step back. <http://www.modernalternativemama.com/blog/2010/12/22/healthy-pregnancy-series-working-during-pregnancy.html>

## Chiropractic During Pregnancy

What are the benefits to chiropractic during pregnancy? How can chiropractors help with both normal pregnancy issues, and special issues (like breech babies)? A guest posting chiropractor explains! <http://www.modernalternativemama.com/blog/2010/12/29/healthy-pregnancy-series-chiropractic-during-pregnancy.html>

When you're pregnant, you know that you need to eat well. Right? Everyone tells you so – your doctor, your mom, your friends, all those pregnancy books.... Of course, there are a few small problems; many sources give you different ideas about what “healthy” is. Also, many of them sound completely overwhelming (two from yellow foods, three from green foods, such-and-such counts in multiple categories, 4 servings of this, 2 servings of that...), especially when you're exhausted and nauseous and don't really want to eat anything.

There has to be a better way.

Luckily, there is! First, the Weston A. Price Foundation outlines what a healthy diet really is (I'm paraphrasing here; for the full diet, please see the Resources at the bottom):

- Plenty of fresh, raw, whole milk (from a safe source)
- Pastured meat
- Pastured eggs, especially raw egg yolks (several per day)
- Plenty of saturated fat (butter and coconut oil, primarily)
- Soaked beans and legumes
- Lots of greens
- Fresh fruits, in moderation
- Bone broths
- Sprouted, soaked, or sourdough grains
- Cod liver oil (more information in the supplements section)
- Fermented foods (yogurt, kefir, kombucha, sauerkraut, etc.)
- NO industrial foods (white sugar, white flour, hydrogenated fats, artificial colors and flavors, artificial sweeteners, etc.)

Simple? Sort of. While this simply sums up a healthy diet that everyone should eat, it recommends that pregnant and nursing women eat a whole lot more, especially in the fat department. If you look at the full version of the diet, you see they recommend drinking a full quart of milk a day! I, personally, don't like to drink milk at all; a full quart would be completely unmanageable. I know I'm not alone.

Plenty of women look at a plan like this, take a deep breath, and say, “Okay, I can do this.” It lasts about two days, during which the women are so busy counting foods (“Did I get my fourth glass of milk in? Did I eat my greens?”) that they don't enjoy eating at all, and get totally frustrated with it. The plan is quickly abandoned.

For some women, especially nauseous ones, this is the end of healthy eating entirely, at least for the first trimester.

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But there is a better way! That plan is a good one, if you look at it as a general recommendation, and not a strict requirement. There are also foods that can fulfill more than one area (and by the way, completely ignore any plans that try to tell you which nutrients are in which foods and how to include each nutrient in such-and-such proportions...way too complicated and so not worth it!). There are ways to hide certain things you don't really like in other things. And there is no single food out there that is so amazing for pregnancy that you absolutely must have it, no matter what anyone tells you. If you really don't like or can't bring yourself to eat something, there is always another way.

Instead we're going to look at pregnancy nutrition as a diet of "super foods." These are foods that generally are very high in nutrition. They have a large number of vitamins and minerals and plenty of healthy fats that you need. You don't need to specifically worry about which vitamins are in which foods (although if you're curious I'll link to some articles on this); you just need to try to consume as many of them per day as possible. If it's the same three foods for a few weeks...so be it. At least what you're consuming is good for you! Since the foods have so many different nutrients you're probably going to get at least most of what you need.

Right now you have only two goals:

**Try not to eat anything that doesn't nourish your body, or worse, actually depletes your body.** This is all those industrial foods we just talked about. They are empty calories and will mean you are getting less of the nutrients you need, and they can also cause or exacerbate your morning sickness. Just skip them. Cut down slowly if you have to, but ideally, don't eat anything that has "calories" as its main feature. This includes vegetable oils, white flour, white sugar, or anything that constitutes obvious "junk food" (cookies, cakes, chips, donuts, etc.)

**Try to include as many super foods in your diet per day as possible.** Yes, I know that there will be ones you can't stomach right away, or which seem the absolute opposite of the comforting, safe food that you want when you don't feel well. But your goal is to include any that you can stand each and everyday. And once you're not sick anymore, as many as possible. I have plenty of recipes and tricks for hiding things that you'd prefer not to eat (spinach or liver, anyone?), so don't worry. You can do this!

Resources:

<https://www.westonaprice.org/childrens-health/311.html>

I know I just said you have only two goals. And really on a day-to-day basis that's all you need to worry about.

But just in case you, like me, are curious about what you really need to eat and why, I'm going to write a brief section on major important nutrients. I'll also highlight some of foods that are the best sources of these nutrients (hint: these are going to make up your super foods list!).

## **B vitamins**

All pregnant women need B vitamins. There are 17 different ones that have been discovered so far, but most people are only aware of 12. B4 is folate, better known as folic acid. This vitamin can help prevent neural tube defects like spina bifida. B6 is pyroxidine, which can help to alleviate morning sickness. B12 is a family of cobalamins, the most of common of which is cyanocobalamin; it helps prevent anemia and gives energy. Most of the country is already deficient in B vitamins and pregnant women have increased needs. Good sources are sprouted grains, grass-fed beef (and other pastured meats, to a lesser degree), and kombucha.

## **Vitamin D**

This isn't really a vitamin at all, but a pre-hormone. There are very few food sources of this nutrient because we are made to get it from the sun. Just 30 – 40 minutes of sun exposure a day (more or less depending on the season) or until your skin turns slightly pink should provide plenty of vitamin D. It is not possible overdose from sun exposure alone. Also, do not wear sunscreen, because even SPF 8 blocks almost all the rays that would allow vitamin D synthesis in your skin. It helps to boost the immune system, and prevent pre-term birth and pregnancy complications. It may also prevent autoimmune diseases later in life (so mom should have adequate levels during pregnancy and breastfeeding), like diabetes, multiple sclerosis, and more. Salmon and liver are the two best food sources (cod liver oil is extremely high too; read more in the Supplements section).

## **Vitamin A**

This vitamin is crucial to so many developmental functions. Adequate levels allow strong bone structure and wide dental palates. It also helps to develop the heart, lungs, kidneys, eyes, and bones, as well as protecting mom postpartum by aiding in the healing process. Most people are deficient, so it's crucial to get enough. Eggs, milk, and liver are good sources.

## **Vitamin K2**

This is actually a lesser-known vitamin, but just as crucial. It's necessary for proper skeletal and dental development, and can help protect against cavities because it is in saliva (good news for mom, as teeth are more prone to damage during pregnancy).

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It also helps the body use calcium appropriately. Good sources are deep yellow butter from grass-fed cows, organ meats, or other fat from animals raised on grass. Leafy greens are a minor source.

## Protein

Pregnant women need a lot of protein. Babies' bodies are built largely of protein, so moms need to consume 80 – 120 grams per day. Some need even more than that. Protein also helps the cellular development of the baby, and creates red blood cells (needed for both mom and baby, as mom's blood volume increases by about 50%). Protein can help to ward off morning sickness, and possibly headaches/dizziness in the second trimester (due to the rapid blood volume increase).

## Fat

There are a lot of different kinds of fats that are necessary in pregnancy. Many are used for baby's brain development, including saturated fat, cholesterol, DHA, ARA, and other fatty acids. Consuming plenty of these throughout pregnancy is ideal. They are also necessary during breastfeeding to help continue to develop baby's brain (which is largely made of fat) and to allow adequate milk production. Butter, coconut oil (medium chain fatty acids, like lauric acid, are necessary), cod liver oil, lard from pastured pigs, and other fats from pastured animals are good sources.

## Resources:

<http://www.mothing.com/community/forum/thread/659399/the-magic-ingredient-vitamin-k2-article-by-nina-planck>

<http://www.mayoclinic.com/health/vitamin-d-pregnancy/MY00511>

<http://www.storknet.com/experts/nutrition/cd11.htm>



We have our goals for eating: don't eat junk, and eat super foods. So simple! But what are super foods? The definition is something like this: "Foods which pack a nutritional punch; they include a wide range of vitamins, minerals, enzymes, etc. and are excellent for many different areas of health." When I looked through some lists of super foods (linked in the Resources below), I was surprised to see how often the same foods showed up in category after category on how to improve your health.

This is why it really doesn't matter too much which foods you're choosing, if you are choosing super foods: they are all really good for you!

So, the most important part: what are they?

## **Super Foods:**

Liver/grass-fed beef  
Eggs  
Raw milk  
Raw cheese  
Yogurt/kefir  
Spinach/greens  
Mushrooms  
Garlic  
Onions  
Beans (all varieties)  
Salmon  
Zucchini  
Ginger  
Coconut oil  
Butter  
Lard  
Oranges  
Pumpkin/squash  
Carrots/sweet potato  
All bone broths, especially fish  
Broccoli  
Tomatoes  
Nuts (all types)  
Oats (soaked)  
Blueberries (and other berries)  
Sprouted grains

This is not an exhaustive list, but these are some excellent top picks. Hopefully you see at least a few on the list that look good to you! And remember, no, you do not have to eat liver and onions with a side of creamed spinach. Unless you want to.

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Instead, you'll note recipes for Italian Wedding Soup (garlic, onions, bone broth, spinach, grass-fed beef, carrots, butter – 7 super foods!), beef and liver stew (grass-fed beef, bone broth, liver, carrots, onions – 5 super foods!), and smoothies (berries, raw egg yolks, orange juice, yogurt, greens – 5 super foods!). Don't those sound a lot more doable? (And yes, the liver taste/texture is hidden in the stew.)

Refer back to this list, and to the Recipes section for help in eating what you need, but also go by your own tastes. Feel like having a snack of fresh berries with real whipped cream? Go for it. Want a few slices of raw cheese and a handful of crispy nuts? Why not! These are excellent snacks that you don't need a recipe for. Don't think that everything has to come in meal form. Snacking is not bad if the food is just as nutrient-dense as what you'd eat for a meal. In fact, pregnant women should snack, often!

Just remember the rules: don't eat junk, and eat as many super foods as possible, in any form you like or can tolerate.

Diet = doable. :)

Hopefully you're convinced now that focusing on super foods is the way to go (so much simpler, right?). And hopefully there are several on the list that you like. But I'm sure, as with most pregnant women, there are some you can't stomach, either because you're suffering morning sickness or because you just don't like them. Believe me – when I first decided to take the plunge and experiment with liver, I still could not think about just serving it up fried on a platter. It makes me shiver – just no.

But that's not an excuse to avoid those foods! Unless they actually make you vomit even if they are hidden (in which case, I have no ideas for you), you have to be brave and try some new ways. So here are my suggestions for hiding super foods:

**Make bread.** You can hide zucchini, sweet potatoes, pumpkin, squash, carrots, and lots of other healthy vegetables in bread. And no one will have any idea that they are in there! This is probably the best way for people who just don't like these foods.

**Make meatballs or meatloaf.** Same principle applies: you can hide zucchini, squash, carrots, and all kinds of other veggies in here, either pureed or shredded. I actually like my meatloaf better with these additions. Bonus: cut down on grains, which you need less of anyway!

**Smoothies.** Need I say more? You can hide just about anything in here. Mix in a small amount of lightly steamed spinach (you can do a bunch and freeze it in ice cube trays, then just add one cube – Sarah from Heartland Renaissance taught me that!) with strongly-flavored berries, juice, and yogurt. Raw egg yolks are excellent and you don't taste them (frankly I prefer mine with the yolks...if I ever run out the smoothies just don't taste right). You can add nut butter and chocolate too if that helps hide any “weird” flavors better. And if just knowing what's in it freaks you out, have your husband make it for you and make him promise not to tell you.

**Tomato sauce.** If you're weird (ha) like my daughter and just don't like tomatoes, this won't work. But if you're normal (ha) like me, and you love tomatoes, you can hide lots of stuff here. Garlic, onions, pureed spinach, carrots, peppers, squash, etc. Great tip for getting reluctant children to eat too!

**Mix it with other meat.** You can do this with liver (about 25% liver, 75% other meat), or with lentil beans (thanks to Katie of Kitchen Stewardship for that tip!). This actually cuts your grocery bill down too – pretty awesome! Just cook the liver and chop it really finely and mix it on in. Especially in something like taco meat, which is heavily seasoned, you won't even notice. You could do this for meatloaf, too, or stew.

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**Chop it up really small.** Maybe mushrooms aren't your favorite. They're squishy, rubbery... (I happen to love them, FYI). If you chop them up really, really small, you can add them to a dish and not even know they're in there. Same goes with onions and garlic. Use the fresh (not the powder!) but chop it up really, really small and it'll be easier to take. Not to mention liver....

**Replace it.** You could try making a favorite dish and swapping out a preferred item for a less-preferred item. For example, I used canned salmon instead of canned tuna in a "tuna noodle casserole." Not as preferred, but then I don't have to sit there and eat a plain salmon fillet. There are other flavors to distract me. (It happened to be delicious and is included in this book.)

**Make soup.** Lots of veggies lose their texture and distinct flavor when they're well-cooked in soup. Spinach might not be so yucky this way. You can also puree the soup to really hide it. Bonus: you get all that awesome bone broth while you're at it!

**Make a fun dish.** Coconut oil? You can add it to smoothies, but sometimes it makes the texture a little weird – kind of grainy. And almost no one wants to sit and eat it off a spoon – you're just asking to gag. If you make it into a candy, though, suddenly it tastes a whole lot better! And no one says you can't have a little candy if you make it with good ingredients. The same goes for, say, granola bars. If soaked oatmeal in a bowl makes you gag, try turning it into a spiced, delicious granola bar (recipe in the book). You can hide plenty of eggs in ice cream too.... Just get a little creative with it!

**Fry stuff.** That probably sounds kind of weird...but the truth is, foods fried in industrial oils are bad for you (like corn, soy, and canola oils), but food fried at home in healthy saturated fats are not bad for you. You make homemade mozzarella sticks and fry them up in lard and you've got a delicious, nutritious snack – cheese, sprouted flour, and lard. And it tastes like junk food. Sometimes you just need the junk food, right? You could make fish sticks, too, if that helps get your fish down. What else can you fry?

**Cheese it!** If all else fails, just smother it in cheese sauce. Right? Just like when you were a kid. Top your broccoli and other veggies with cheese. Dip sweet potato fries in cheese. Make those fish sticks and dip those in cheese, too. Just put some cheese on it and hope that's all you can taste.

Take a deep breath...we've already talked a lot. :) Now you know how you should eat, you have a two-step plan (1. no junk, 2. super foods), a list of super foods, and lots of ideas on how to hide your less-than-favorite super foods in dishes you do like.

But on a completely practical scale, what does this really look like on a day-to-day basis? What does an average meal look like? What snacks do you have?

There are obviously plenty of ideas in the recipes section. But even then, do you plan a big casserole for breakfast, a stew for lunch, and a meat dish for dinner? Maybe. But it can be simpler than that, too. Fancier or more complicated does not equal healthier.

Here's an example of one of my favorite "meal plans:"

Breakfast – Scrambled eggs with bacon or sausage; smoothies  
Snack – Maple cinnamon granola bars or apple slices and peanut butter  
Lunch – Grilled ham and cheese sandwich, small salad or carrot sticks  
Snack – Slices of raw cheese and a slice of sprouted bread with butter  
Dinner – Salmon with garlic-herb butter, roasted potatoes and green beans

Simple? Yes. I can prepare all these meals with minimal time in the kitchen. Snacks are grab-and-go, no prep (unless you count having to slice an apple or some cheese). Yet it's clearly a healthy day of meals. It also includes plenty of protein, which pregnant women need.

Despite what I said earlier about not paying attention to what nutrients are in what foods...you do need to make sure you're eating enough protein. Most foods, other than fruits and vegetables, do contain protein (including beans). That means meats, whole dairy products, and even whole grains. So if you're eating decently you won't even need to worry about this. But make an effort to eat some protein with every meal especially if you're suffering from morning sickness. Many women find that their nausea is much more manageable if they eat over 100 grams of protein a day.

In this meal plan, though, there are eggs, bacon/sausage, yogurt, peanut butter, ham, cheese, butter, sprouted bread, salmon.... A lot of sources of protein. It's fine.

And note I've said nothing about portion sizes? Eat when you're hungry, and stop when you're satisfied. There's no need for me to note "a 6-ounce portion of salmon." You know what you need better than I do, and everyone is going to have different exact nutritional needs.

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How about some other meal ideas?

A cup of soup and a slice of bread and butter

A grilled cheese sandwich and a salad

Meatloaf and a smoothie

Marinated chicken and sweet potato fries

A giant salad with chicken, beans, and cheese (plus greens and homemade dressing)

Dried fruit and nut trail mix

A slice of cheese, a slice of buttered bread, and a cup of fish stock

See? Meals can be anything. For more information on meal planning, please visit my blog.

Resources:

<http://www.modernalternativemama.com/blog/2010/6/8/creating-a-meal-plan-dinners.html>

<http://www.modernalternativemama.com/blog/2010/6/7/creating-a-meal-plan-breakfasts-and-lunches.html>

<http://www.modernalternativemama.com/meal-plans/>

When you get pregnant, one of the first things you'll hear your doctor (or mother, or friend, or maybe even random stranger) say is "Are you taking your prenatal vitamin?" These are considered by many to be a critical part of pregnancy because they are supposed to "make up for" any deficiencies in the diet.

I personally would not recommend taking one, however.

The problem is, your nutrition should really come from food, not from a pill. And it will come from food even if you are sick if you follow the two steps: 1) No junk, 2) Lots of super foods.

Vitamins and minerals found in whole foods are not the same as those found in vitamin pills. Most types of prenatal vitamins are a bunch of synthetic vitamins and minerals that have been put together in a tablet with binders and fillers. It's hard on your body to break down those binders and fillers to get to the nutrients (which can put a strain on your liver), and the nutrients aren't in a bio-available form, meaning you won't absorb much of them anyway. Some synthetic forms (like iron, ferrous sulfate) can be really hard on your body, causing nausea, constipation, and other very unpleasant symptoms. These synthetic vitamin pills can really exacerbate your morning sickness. Many women find this is true and simply stop taking them because they can't handle it. Since synthetic vitamins are of limited value and can place such an obvious strain on your body, it is better to skip them.

However, there are other types of supplements out there. There are "whole foods supplements" that certain manufacturers make (Standard Process is one of the most respected). Some of these are plant- and animal-derived and put together in a tablet. These are "okay" but still not something I would recommend. There are also supplements where an oil or powder is derived directly from a plant or animal and placed in a capsule. These are fine to take. The idea is to get them as close to the way nature intended as possible.

There are some supplements, in the last form, that are worth taking.

**Cod Liver Oil** – This is such an excellent supplement, everyone should take it. It's the oil straight from the fish, so it's not refined or produced in any way. It contains high amounts of vitamin A and D as well as great essential fatty acids. It boosts your immune system and is just an all-around good supplement. The best type is fermented. Green Pastures makes an excellent one.

**Spirulina** – This is a type of blue-green algae. It has high amounts of iron, calcium, B-vitamins, and more. If you find you are anemic in pregnancy, this will boost your iron levels without the side effects (and truthfully if you take too much you're likely to experience diarrhea!

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But that's pretty hard to do for most – you'd have to take up to 20 capsules a day to be “too much.” Even if this happens, it won't hurt you; just take less in the future).

**Pregnancy Herbs** – Major ones include red clover, red raspberry leaf, nettle, and oatstraw. There is more information about these later in the book in the “pregnancy tea” recipe. These should be taken in tea form everyday, as they contain many important trace minerals and help to tone smooth muscles, which will make pregnancy and labor easier.

**Brewer's yeast** – This is nutritional yeast that is high in B vitamins and other trace minerals. It will provide energy, and will also boost your milk supply once your baby arrives.

Your doctor or midwife may recommend other whole-foods supplements. When possible, rely on these whole foods supplements or actual whole foods, not synthetic supplements.

Resources:

<http://www.greenpastures.org>

Morning sickness can be anything from very mild nausea (occurring at any time of day) to extreme nausea and frequent vomiting. It can last from a few weeks to the entire pregnancy. It varies from woman to woman and pregnancy to pregnancy. There are several ways to help cope with it, though – most women do experience morning sickness at some point in the pregnancy, at least a little bit.

No one knows exactly why, but some have theorized that morning sickness is caused by sharply rising levels of progesterone, which simply causes nausea in some women – it's responsible for nausea, mood swings, breast tenderness and other typical pregnancy symptoms. For some, not eating enough protein is part of the cause, or appears to be. Regardless of why it occurs, morning sickness isn't pleasant!

One “good” point, which hopefully consoles you – the more morning sickness you experience, the higher your progesterone levels; this means you're more likely to have a healthy, normal pregnancy! (If you are one of the lucky ones who doesn't experience much or any morning sickness, don't worry – this, too, is normal, and is not necessarily a sign that anything is wrong!)

But how do you cope?

**Eat frequent, small, protein-containing meals.** High levels of protein can stave off sickness by balancing blood sugar. Eating on a regular basis, never allowing the stomach to be too full or too empty can do the same.

**Sip sour things.** Somehow (possibly by increasing stomach acid), sour foods, like lemons, can help ward off nausea.

**Try ginger or fennel.** Teas made from both are used to combat nausea and stomach troubles in people in general, and they can be helpful for morning sickness, too.

**Eat or smell peppermint.** Sucking on a peppermint candy or spritzing some diluted peppermint essential oil in the air can reduce nausea.

**Eat if you wake at night.** Since you will likely be getting up to use the bathroom more often, have a small snack to keep your blood sugar steady through the night.

**No sudden moves.** Especially when you're first waking up, don't bounce out of bed. Sit up and move very slowly so you don't make yourself dizzy or nauseous.

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**Avoid foods that you are averse to.** There is a reason why you are averse to them now, even if you usually love them. Just don't eat them if they make you nauseous, because chances are they're not staying down.

**Eat what sounds good.** This is the opposite. Whatever you're craving, eat it. Chances are, you need it (unless it's sugar, sugar, and more sugar...then see our super food rules).

**Stay hydrated.** If you're dehydrated, you will be more nauseous. Keep sipping cool water or tea throughout the day to prevent this.

**Drink your pregnancy tea.** Keeping hydrated and getting trace minerals can help ward off illness.

**Try sea-bands.** Acupressure bands can help to block nausea.

**Avoid things that make you nauseous.** If possible. Certain smells make pregnant women nauseous. If you can avoid them, do! If not (such as, if you have to change your older child's diaper...), do what you can.

**Milk thistle and turmeric.** Some women swear that this combination wards off morning sickness. Talk to a midwife or an herbalist for help.

**Consider calling your doctor and taking a prescription.** Only if you are so nauseous that you cannot keep food or water down and are losing weight. If you are able to avoid it, don't take drugs. But if you are in danger, consider it.

When reading this book, please know that it has limits. Health, nutrition, and pregnancy/breastfeeding are absolutely passions of mine. However, they're not my sole focus. This book is intended as an introduction to proper pregnancy and breastfeeding nutrition, including several delicious recipes. It is not, however, intended for people who are struggling with infertility or have other special circumstances.

That's where Donielle, of Naturally Knocked Up, comes in. Donielle is a mother of 2 and master herbalist student, who, herself, suffered from infertility and PCOS. She created Naturally Knocked Up to share her success in overcoming infertility naturally, using a combination of healthy diet and alternative medicine. If you are seeking more in-depth information on how food affects your fertility and pregnancy, Donielle is the one to go see.

Last spring, Donielle launched her first ecourse: Natural Fertility Workshop. The course covered causes of infertility, healing, detoxing, exercises, diet, and alternative treatments. The course was well-attended and so successful that Donielle plans to hold it again in the future.

Currently, Donielle has recently re-opened enrollment for her ecourse in the fall 2010. You can learn more about the ecourse here: <http://www.naturallyknockedup.com/fertilityworkshop.com/>

Here is a brief synopsis of her course:

*Over the last century or so, our health has radically changed. We're suffering from chronic and degenerative diseases and becoming infertile at alarming rates. Our modern world is making us sick and most of us just don't know what to do about it. So much of our traditional thinking of conception has changed. The world we live in is flooded with toxins from both the food we eat and the homes we live in. We no longer know what "real food" looks like. Infertility automatically means medicalizing conception.*

Donielle also plans to release a book of the course's content in spring 2011, for those who are interested in having the course information in book form (perhaps if you don't have time to take the full course). She is an excellent resource on fertility. If you have any unusual or unique circumstances surrounding conception, pregnancy, or breastfeeding, please use this book only as a general guide, and visit Donielle for more specific, targeted information. Don't forget to consult with your health provider, too, of course!

You can visit Donielle's blog, "<http://www.naturallyknockedup.com>" [www.naturallyknockedup.com](http://www.naturallyknockedup.com), for new information on diet, fertility, general health and wellness, and plenty of delicious recipes, many of them grain or gluten-free.

There are many reasons why some women may suffer from low milk supply. The first thing you should do is see a lactation consultant (IBCLC) and get some help. Are you scheduling feedings (don't)? Limiting nursing time on each side (don't)? Does your baby have an improper latch? If there is a physical problem, your consultant will help you find, and hopefully fix it.

But for some women, the answer lies in diet. The first several weeks (about 12 weeks) of the nursing relationship is no time to begin a diet. In fact, you should never begin a "diet" the way we think of them in modern society – low fat, low calorie foods. Your health will suffer (whether you're pregnant or breastfeeding or not) because you won't consume adequate nutrients. Your milk won't contain adequate fat and you may not produce enough of it. This just isn't an area you want to mess with. Stick to your pregnancy diet and slowly adjust to eating a bit less, according to your appetite and your baby's needs.

Make sure to include plenty of fat in the nursing diet, just as in the pregnancy diet. The Olive Oil Dip recipe included later could help boost your supply (as it did for me). Continuing to drink the Pregnancy Tea will help as well. Beyond the usual recommendations, certain foods will help to boost your milk supply even further. They include:

- Oatmeal
- Brewer's yeast
- Fenugreek (herb)
- Barley
- Spirulina
- Fennel
- Dates
- Figs
- Leafy greens
- Nuts
- Olive oil and other fats

Notice anything about this list? It's pretty similar to the super foods list, isn't it? Granted, there are several things over on that list that aren't here, and a few things here that aren't there (but maybe they should be). But, super foods are excellent all the way around.

Oats, in particular, are known to increase milk supply. Select one of the oat recipes later in this book (like the Oatmeal Chocolate Chip cookies, or the Maple Cinnamon Granola Bars) to boost your milk supply in a delicious, easy way!

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## Foods to Increase Milk Supply <continued>

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Don't forget to keep drinking plenty of water and resting whenever you can. Recovering from pregnancy and birth, learning to make milk and care for your baby is exhausting!

If you find yourself in a situation where you are both pregnant and breastfeeding, you are in quite a unique situation indeed. And this does happen. While many say that breastfeeding is excellent birth control, this is not always the case. It is unlikely that you will conceive again while you are exclusively breastfeeding, at least every 3 hours around the clock. Your prolactin levels will be quite high and should prevent ovulation.

However, all women are different. Some find that they become fertile again very quickly, despite frequent breastfeeding (as little as 4 weeks postpartum, although this is very uncommon). Others find that if they are breastfeeding at all, even one feeding per day, that they cannot conceive. More commonly, women get their periods back once their babies are sleeping through the night and/or beginning solid foods, and they are breastfeeding less frequently. Therefore, conceiving again when your baby is 6 – 12 months is quite possible. In fact, I found myself in that situation a couple years ago! (Happily, I would add.)

Despite what you may have heard, it is absolutely possible and safe to continue breastfeeding through pregnancy. If, for any reason, you are at risk for miscarriage or pre-term labor, and your doctor has recommended avoiding sex or anything which may cause contractions (due to oxytocin), then you may need to wean. However, this is generally a rare situation. Talk to your doctor if you are concerned that this may be the case for you.

It is possible that you will lose your milk supply during pregnancy. Often, the younger your baby is, the more likely that you will lose your supply, simply because your body does not have the reserves to provide for both your new baby and your older baby (this depletion that occurs in pregnancy, and the health benefits of breastfeeding for an extended period of time are two of the reasons that the Weston A. Price Foundation recommends a 3-year spacing between babies). About 70% of women will lose most or all of their supply. But 30% of women will do just fine. I happen to be one who kept my milk supply through pregnancy (and have tandem nursed for almost 18 months).

If you are in this position, especially if your older baby is under a year when you get pregnant again, you will need to take extra care to have excellent nutrition. It's crucial to eat as many super foods as possible, while avoiding junk! It's also crucial to consume enough food to sustain yourself and both babies. It would be wise to immediately add cod liver oil to your diet if you are not already taking it. You may require upwards of 3500 calories per day, depending on how often your older baby is nursing.

Take special care of yourself. Have frequent high protein, high fat snacks. Nuts and cheese are excellent snacks.

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Limit your grains (and consume only sprouted or soaked when you do have them) so that you don't fill up on high-carb foods which have little additional nutritional values.

I found that taking care to consume extra fat helped me a lot. Having a snack of bread dipped in Olive Oil Dip helped to boost my supply noticeably, probably more than anything else. Making a smoothie with coconut oil was also excellent. Fried eggs in butter, pastured bacon grease, or coconut oil is good, and Mozzarella Sticks are also very good. Follow your cravings, too, if you have them. Often it will be something your body needs.

If you keep up with excellent nutrition and consume plenty of food, you should keep your milk supply as much as you possibly can. If you note your supply dropping, immediately begin adding in oats, fat, and other super foods that are known to boost supply (see above). Take extra time to rest and drink extra water or tea. The health of both your babies is directly related to you taking care of yourself!

Regardless of how well you nourish your body, your milk supply will dip some as you get further along in pregnancy, and it will change. By the third trimester, your milk will be a clearish, whitish early colostrum instead of mature milk. It will not contain the same fat that it did before. It would be wise at this point to transition your baby to nourishing whole foods or raw milk formula for additional nutrition (though you can keep breastfeeding; just know that it won't satisfy your baby's fat requirements at this time). Also, please note that this whitish colostrum is not the same as that which you will have after your new baby is born: it does not have all the special antibodies in it. That colostrum will be noticeably golden colored and thicker, and occurs only after your baby is born (production is signaled by the release of the placenta from the uterine wall).

Being both pregnant and breastfeeding is a unique and exhausting time in life. It is absolutely doable, if you maintain excellent nutrition and get plenty of rest. Please see the Super Foods section for more information on what to eat, and the Recipes section on how to put it into practice!

No one book or source can have all the information that you need. So in this section, I'll be sharing some excellent resources that I know of for more information on pregnancy nutrition, including books and blogs from colleagues and friends of mine. Enjoy this further reading!

## **Keeper of the Home Pregnancy Topics**

Here, you'll find all kinds of information on pregnancy – essential oils and herbs, belly butter recipe, natural birth, and much more!

[http://www.google.com/url?sa=D&q=http://www.keeperofthehome.org/raising-healthy-kids/pregnancy&usg=AFQjCNHeOv5jccRtQFNIXc9uFYcpWf\\_Tkg](http://www.google.com/url?sa=D&q=http://www.keeperofthehome.org/raising-healthy-kids/pregnancy&usg=AFQjCNHeOv5jccRtQFNIXc9uFYcpWf_Tkg)

## **Herbal Nurturing: A Family Healing and Learning Guide**

This excellent book, written by Michele Auger of Frugal Granola, contains several excellent herbal remedies, including nourishing belly butter, herbs to support pregnancy, and much more. It's worth the \$8.95 to have all this information at your finger tips!

<https://www.e-junkie.com/ecom/gb.php?cl=112844&c=ib&aff=135742> (yes, I am an affiliate, and I will earn a small commission if you buy through here – thanks!)

## **Naturally Knocked Up Start Pages**

As I mentioned earlier, Naturally Knocked Up is a great resource. Donielle's entire blog is devoted to pregnancy nutrition! The link below is for her “start here” page, which talks about super foods for pregnancy, how to change your diet, and lots more.

<http://www.naturallyknockedup.com/start-here/>

## **Super Foods at Kitchen Stewardship**

Last October, Katie at Kitchen Stewardship did a whole series on super foods. It was a great help to me in the initial research for this book, and I hope it will be a great resource for you too!

<http://www.kitchenstewardship.com/2009/10/14/october-fest-carnival-of-super-foods-super-foods-fest/>



# Recipes



Welcome to the recipes section! Now that you know what the super foods are, you know what to eat. But how do you eat it? That's what this section is dedicated to. Here, you'll find lots of well-tested, delicious recipes that are full of super foods. In each recipe you'll see a full list of the super foods included, so you can see exactly how good for you it is!

Enjoy all the delicious, nutritious food!



# Beverages



This tea should really be called “woman’s tea.” The herbs included in it are so healthy that all women would benefit from drinking it. They contain trace minerals, calcium, iron, magnesium and other essential nutrients; they help to balance hormones and aid pregnancy, promote lactation, and help PMS. Truly, this is a universal blend. It would be beneficial to begin drinking this immediately, but certainly as soon as you are trying to conceive!

Ideally, you should drink a quart a day. Use  $\frac{1}{4}$  c. of the herb mix per quart jar and fill with boiling water at night. Cap the jar to keep out bugs. In the morning the tea is ready and should be sipped throughout the day (strain the herbs out first). You can add a small amount of raw honey or juice to make the tea more palatable (although many like it plain).

Please note this recipe is by weight, not volume. Certain herbs are much bulkier than others, so it may look “off.” This is normal. The suggested amounts will last 2 months or so with daily use.

## Ingredients:

4 parts red clover	0.3 lb.
4 parts red raspberry leaf	0.3 lb.
2 parts oat straw	0.15 lb.
2 parts nettle leaf	0.15 lb.
1 part passionflower	0.075 lb.

Mix all ingredients together in a glass jar, or a bag. Shake or stir to combine thoroughly. Store in a dry, cool place (your pantry is fine).

**Red Clover:** Calms nerves, tones the uterus, and balances hormones. High in calcium, magnesium, protein, and other vitamins. Excellent for fertility.

**Red Raspberry Leaf:** Tones the uterus, good source of calcium.

**Oat straw:** Balances the nervous system, can enhance sexual desire, good source of calcium. Helps increase milk production.

**Nettle Leaf:** Tones the uterus and balances the hormonal system, also high in iron.

**Passionflower:** Promotes relaxation and helps insomnia.

## Why not alfalfa?

Alfalfa is frequently included in pregnancy tea blends because of its high vitamin K content and its ability to help prevent hemorrhage. However, the very compounds that could make it beneficial can also make it dangerous. In sensitive individuals, alfalfa could cause blood clots and lupus-like symptoms. It is best avoided in pregnancy, except possibly for people prone to hemorrhage, during the third trimester, and under the direction of a doctor or midwife.

This is a delicious, refreshing drink, which can also help with morning sickness. Ginger is known to help nausea, lemon (and other sour foods) help nausea, and raw honey is an all-around good food (anti-bacterial, boosts the immune system, delicious and soothing). It can be sipped hot or cold as desired.

**Ingredients:**

3 – 4 thin slices of fresh ginger

Juice of 3 lemons

¼ - ½ .c raw honey

2 quarts water

**Directions:**

Boil a small amount (2 – 3 cups) of water and add the ginger. Simmer gently for about 10 minutes. Remove ginger slices. Allow the mixture to cool slightly, so that you don't kill the enzymes in the raw honey. Once cooled to warm, add the raw honey (start with a smaller amount until you know how sweet you like it). Add the lemon juice. Stir together, making sure to dissolve the raw honey. Pour into a pitcher and add the remaining water (ideally room temperature). Taste and adjust honey as necessary. Add ice at serving if desired. Makes 8 8-oz. servings.

Super Food Count: 1



Smoothies are a wonderful food for pregnant women. You can make fruit smoothies, green smoothies, or a combination of these. You can also use chocolate, nut butters, and other healthy ingredients in your smoothies, either along with fruit or greens or alone. They're very versatile, so feel free to swap out ingredients you don't like for ones that you do. Feel free to add ½ or whole banana to any of these if you like it; it will add creaminess.

**Ingredients:**

- ½ c. juice (orange, pineapple, or a combination)
- ½ c. plain yogurt or kefir
- 2 – 3 raw egg yolks
- 1 – 2 oz. frozen, lightly steamed spinach or other green
- 1 c. frozen berries
- 1 tsp. spirulina powder (optional)

You can use raspberries, cherries, mangoes and add coconut milk instead of yogurt for a tropical smoothie.

Here's one I loved in a previous pregnancy:

**Ingredients:**

- ½ c. blueberry-pomegranate juice
- 4 tbsp. coconut oil
- 1 c. mixed frozen fruit (peaches, strawberries, mangoes, and pineapples was my favorite)
- Water as needed to blend

Green Smoothie

**Ingredients:**

- ½ c. pineapple juice
- ½ c. plain yogurt
- 3 egg yolks
- 2 oz. frozen, lightly steamed spinach
- ½ c. peaches
- 1 tsp. spirulina powder

**Directions:**

Add all ingredients to a blender, liquids first. Blend until smooth. Makes 1 2-cup serving.

Elderberry juice is an excellent addition to any of these smoothies! It will help to ward off colds and flu and it is delicious.

Super Food Count: 3 – 5, depending on recipe



# Soups & Salads



This stew is an excellent, thick comfort food that is rich with nutrients and flavor. Make it for a hearty winter's dinner and enjoy the leftovers, too.

## Ingredients:

- 1 lb. grass-fed stew beef
- ¼ lb. grass-fed beef liver
- 2 tbsp. olive oil
- ½ c. onion, chopped
- 4 oz. sliced mushrooms
- ¼ c. sprouted flour
- 6 cups beef stock
- ½ tsp. thyme
- ½ tsp. sea salt (or to taste)
- 2 medium potatoes, diced
- 3 – 4 medium carrots, diced
- ½ c. peas
- ½ c. barley (optional)
- Pepper to taste

## Directions:

In a large soup pot over medium-high heat, sear stew beef and liver for about 5 minutes. Add olive oil, onion, and mushrooms and sauté until onion is soft and mushrooms are cooked. Add flour and stir until thick and well incorporated. Add stock, spices, and vegetables. Cook over low-medium heat for 3 – 4 hours, until beef is tender. If using, add barley about 30 minutes before serving. Cook until barley is tender. Makes 4 – 6 servings.

**Serving Suggestion:** Serve with a slice of Sourdough Garlic Bread and a salad.  
Super Food Count: 8

This soup is delicious and incredibly healthy. It can also help if you're sick because of the bone broth, coconut oil, and the garlic and onions. I used to call it "healing soup" because of the combination of elements.

**Ingredients:**

- ¼ c. coconut oil
- 2 tbsp. butter
- ½ small onion, chopped
- 3 cloves garlic, minced
- 2 celery ribs, chopped
- 3 carrots, chopped
- ½ c. leek, chopped (light green/white parts)
- 8 cups chicken stock
- 1 chicken breast

**Directions:**

Heat the coconut oil over medium heat in a medium soup pot. Sauté the onion and garlic until softened. Add carrots, celery, leek, stock, and chicken. Cook for about 1 hour, until all the veggies are soft and chicken cooked through. Sea salt and pepper to taste. Makes 4 – 6 servings.

**Serving Suggestion:** Serve with a slice of Sourdough Garlic Bread for a full meal!

Super Food Count: 6

I'd really set out to make a thick, spicy chili when I created this. It didn't turn out that way. It's like a thin, white bean soup with a slight kick. Every person who's tried it liked it, and some friends commented "You have to give me the recipe!" So despite that it's not what I thought, it's so delicious and healthy that I'm including it anyway!

**Ingredients:**

¼ c. onion, chopped  
2 cloves garlic, minced  
2 tbsp. olive oil  
1 green bell pepper, chopped  
½ c. dry white beans  
6 c. chicken stock  
1 chicken breast  
½ tsp. oregano  
1 tsp. cumin  
Salt and pepper to taste

**Directions:**

Soak white beans overnight in a small bowl. Drain before using in soup. In a large soup pot, heat olive oil over medium heat. Sauté onion, garlic and pepper until softened. Add stock, beans, chicken, and spices. Simmer for 2 – 3 hours, until beans are tender. Remove chicken breast and cut into bite-sized pieces. Return to pot and serve. Makes 4 – 5 servings.

**Serving Suggestion:** Serve with a slice of Pumpkin Bread for a spicy fall treat!  
Super Food Count: 5

When I was a kid, I had a favorite soup – chicken and wild rice. Unfortunately, the version I loved so much was made with canned broth, canned soups, and other not-so-great ingredients. Recently I set out to make a real-food version of this soup, and it was so good I have to include it here.

## Ingredients:

3 slices bacon, chopped  
¼ c. onion, minced  
2 small carrots, shredded  
2 stalks celery, chopped  
½ c. mushrooms, chopped  
4 tbsp. butter  
4 tbsp. sprouted flour  
6 c. chicken stock  
2 medium potatoes, chopped  
1 tsp. sea salt  
¼ tsp. pepper  
¼ tsp. thyme  
½ c. wild rice  
3 – 4 oz. chicken breast  
Raw cheddar (for serving)



## Directions:

In a large soup pot over medium heat, cook bacon and onion until bacon is crispy.

Add butter, celery, carrot, and mushrooms. Stir and cook until mushrooms are done. Add flour and cook for a minute until well combined. Add stock, potatoes, and spices. Simmer on medium for 15 – 20 minutes. Then, add chicken and rice and cook 20 – 25 minutes until rice is done. Cut up chicken and return it to the pot. Serve immediately and top with cheese if desired. Makes 4 – 6 servings.

**Serving Suggestion:** Add a slice of Sourdough Garlic Bread for a hearty winter meal.

Super Food Count: 6

I love a good chowder. This one is so full of super foods that you can barely even eat a whole bowl of it – despite that it is also delicious!

## Ingredients:

- 2 tbsp. butter
- 2 tbsp. coconut oil
- 2 slices of bacon, chopped
- 1/3 c. onion, chopped
- 3 medium carrots, peeled and chopped
- ¼ c. sprouted flour
- 4 – 5 mushrooms, sliced
- ½ tsp. thyme
- 4 medium potatoes, chopped
- 6 cups fish stock
- 2 cups milk
- 1 lb. fish (any mix – shrimp, sole, snapper, scallops, etc.)
- ½ cup kale, lightly steamed and chopped
- Salt and pepper

## Directions:

In a large soup pot over medium heat, cook the bacon until crispy. Add the butter, coconut oil, onion, mushrooms and carrots and sauté until onion and carrots are cooked. Add flour and stir until thick and well combined. Add thyme, potatoes, stock, and some salt and pepper. Cook for 2 – 3 hours over low-medium heat, until the potatoes are soft and liquid is reduced. Add fish and kale and cook for about 20 – 30 minutes longer, until fish is cooked through. Add milk, any additional salt and pepper and stir. Makes 4 – 6 servings.

**Serving Suggestion:** Add a slice of Sourdough Garlic Bread and a salad.  
Super Food Count: 9

One night when I wasn't feeling well, I decided to head into my kitchen and see how many super foods I could combine into one dish, with the intention of killing whatever bug I was suffering from. I had prepared for the fact that the result might be less than palatable, and was surprised and pleased to discover it was delicious! So now I'm sharing that with you!

**Ingredients:**

- 1 c. greens (romaine lettuce, mustard greens, etc. – not spinach)
- 2 tbsp. extra virgin olive oil
- 2 tsp. raw red wine vinegar
- 1 large clove garlic, crushed or minced
- ¼ tsp. basil
- ½ tsp. sea salt (or to taste)
- 1 raw egg yolk

**Directions:**

Mix all the ingredients together in a bowl; serve! Makes 1 serving.

**Serving Suggestion:** Pair with a Grilled Turkey and Cheese Sandwich for a quick, easy meal.

Super Food Count: 4



What should you include in a salad? What should you not include? It does matter and is more than just a personal preference!

## **Foods to avoid (raw):**

Spinach  
Broccoli  
Cauliflower  
Mushrooms  
Bell peppers  
Other foods which contain oxalic acid or are goitrogenic

## **Foods to include:**

Romaine lettuce  
Other leafy greens (except spinach)  
Tomatoes  
Beans (kidney, garbanzo, black – all cooked)  
Any cooked, sliced meat  
Crispy nuts  
Roasted red peppers  
Carrots  
Cabbage  
Onions  
Garlic (if you can!)  
Raw cheese  
Apples, cherries, cranberries, or other fruit  
Homemade dressings

The foods on the 'not raw' list can interfere with thyroid function and are not healthy when raw. Light steaming or cooking will get rid of these compounds, so if you would like to include them, please cook first!

Excellent combination: Leafy greens, garbanzo beans, roasted red peppers, bacon, and sliced almonds.

Another idea: Greens, kidney beans, carrots, raw cheese, tomatoes.

**Serving Suggestion:** Top with Garlic Herb Dressing and serve with a smoothie!  
**Super Food Count:** Varies

# Garlic and Herb Dressing

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This is a simple, healthy dressing, good for any salad.

## Ingredients:

2 tbsp. red wine vinegar  
1 clove garlic, crushed  
½ tsp. basil  
¼ tsp. thyme  
¼ tsp. sage  
¼ tsp. oregano  
½ tsp. parsley  
⅛ tsp. pepper  
¼ tsp. sea salt  
½ c. olive oil

## Directions:

In a small bowl, pour red wine vinegar and crushed garlic together. Whisk. Add all spices, whisk. Continuing to whisk, add the olive oil in a slow stream. Serve immediately. Makes 6 servings.

**Serving Suggestion:** Top a salad (see above for suggestions on what to include in a salad).

Super Food Count: 2



This is one of our favorites. It's full of wonderful super foods and tastes delicious. I created it after having a version in a restaurant a few years back, primarily because Ben begged me to! It is that good.

## Ingredients:

2 tbsp. butter  
2 tbsp. olive oil  
2 – 3 cloves garlic  
¼ c. onion, diced  
2 carrots, peeled and chopped  
2 stalks celery, chopped  
8 cups chicken stock  
½ tsp. parsley  
½ tsp. sage  
½ tsp. oregano  
½ tsp. basil  
½ tsp. thyme  
Salt and pepper to taste  
4 oz. chicken breast  
½ lb. mini meatballs  
¾ c. barley  
1 c. spinach leaves (lightly steamed)

## Directions:

Melt butter and oil in a large soup pot over medium heat. Sauté onion and garlic until softened. Add carrot and celery and sauté a few minutes longer. Add chicken stock, chicken, and spices. Allow soup to simmer 1 – 2 hours, until veggies and chicken are completely cooked.

Meanwhile, prepare meatballs (recipe below). Add cooked meatballs and barley; allow soup to simmer 30 – 40 minutes or until barley is tender. Add the spinach to the soup just before serving. Makes 4 – 6 servings.

## Meatballs

½ lb. ground beef  
1 clove garlic, minced  
1 tbsp. onion, minced  
2 tbsp. coconut flour  
¼ c. tomato juice  
1 egg  
¼ tsp. basil  
¼ tsp. oregano  
Salt and pepper

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# Italian Wedding Soup <continued>

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Mix all ingredients together. Shape into bite-sized meatballs and bake at 350 for 30 minutes.

**Serving Suggestion:** Serve alongside Healing Salad for a filling, vegetable-laden meal.

Super Food Count: 7



# Main Dishes



Recently, we purchased half a pig from a local farmer. This meant we had several packages of pork chops to cook, something we'd never attempted before. The first one we made was so delicious, it became an instant family favorite. So here it is!

## Ingredients:

4 tbsp. butter  
½ c. onion, chopped  
1 carrot, julienned  
4 oz. mushrooms, sliced  
1 c. brown rice  
½ tsp. thyme (plus more for meat)  
Salt and pepper to taste  
3 c. chicken stock  
4 pork chops

## Directions:

Preheat oven to 350. In a frying pan on the stove, melt the butter over medium heat. Sauté onion, carrot, and mushrooms until soft. Add rice and sauté a few more minutes, until rice is golden and slightly puffed (you may add a bit more butter if the veggies have absorbed it all). Pour rice mix into a 9x13 baking dish, along with chicken stock. Turn the frying pan up to medium high heat. Sprinkle each side of the pork chops with sea salt, pepper, and thyme. Sear for just about a minute per side, until a golden crust forms. Transfer the pork chops to the baking dish and set in a single layer on top of the rice. Bake for 50 – 60 minutes, until the rice and the meat are thoroughly cooked. Makes 4 servings.

**Serving Suggestion:** Add a salad or other vegetable on the side, or serve with smoothies.

Super Food Count: 5



# Grilled Turkey and Cheese Sandwiches

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This is a simple lunch or any time meal. Any meat can be subbed for the turkey (chicken, ham, roast beef), but turkey is an official “super food.” Delicious, fast and easy!

## Ingredients:

2 slices of sprouted bread  
1 turkey slice (from a pastured turkey)  
2 slices raw cheese (cheddar, Gruyere, etc.)  
Butter

## Directions:

Butter one side of each slice of bread. Place one slice in a pan on medium heat (cast iron is best), butter-side down. Top with one slice of cheese, then turkey, then the second slice of cheese. Top with the final slice of bread. Grill for about 3 – 5 minutes on each side, until cheese is melted and crust is golden brown. Serve immediately. Makes 1 serving.

**Serving Suggestion:** Serve with a salad dressed with Garlic-Herb Dressing and a smoothie.

Super Food Count: 4



Liver is an excellent food, but not one that most people want to serve plain on their dinner tables. Taco salad is an excellent way to use it because it is so strongly flavored anyway. We liked it, and could just barely tell it was different!

## Ingredients:

1 lb. grass-fed beef  
¼ lb. grass-fed liver, chopped into tiny pieces  
1 tbsp. chili powder  
½ tsp. garlic powder  
½ tsp. onion powder  
¼ tsp. cayenne pepper  
½ tsp. oregano  
½ tsp. paprika  
2 tsp. cumin  
½ tsp. sea salt  
½ tsp. black pepper  
¼ c. water  
Lettuce  
Tomatoes  
Salsa  
Raw cheddar cheese  
Sour cream  
Other toppings, as desired



## Directions:

Mix the ground beef and liver together. Fry it in a pan over medium heat until it is no longer pink. Meanwhile, mix all of the seasoning ingredients together in a small bowl. Add the seasonings to the meat with the water, and stir until the meat is coated the seasoning and the water is evaporated. Serve with organic corn chips and any desired toppings (suggested above), or with Black Beans or Refried Beans from this book.

Also, you may choose to make a large batch of seasoning mix and store it in a jar. Use 2 tbsp. per pound of meat. Dinner comes together much more quickly this way!

**Serving Suggestion:** Finish with some Chocolate-Coconut Candy!  
**Super Food Count:** 4 (or more, depending on toppings)



This dish, too, was an instant family favorite (despite some family members not being generally keen on salmon). Every member gobbled it up and requested I make it again soon. It's also an incredibly healthy dish! And, to top it off, simple and fast to prepare. What could be better?

## Ingredients:

1 lb. salmon  
4 tbsp. butter  
2 cloves garlic, minced or crushed  
½ tsp. sea salt  
¼ tsp. parsley

## Directions:

Preheat the oven to 350. In a small saucepan over medium heat, melt the butter. Add the garlic and sauté for a few minutes, until the garlic is soft. Be careful not to let it burn (garlic burns easily). Add the sea salt and parsley and stir to combine. Place the fish onto a large baking pan with shallow sides. Pour the garlic butter over the fish and spread to coat. Bake the fish for 10 – 15 minutes until opaque and when it flakes easily with a fork. Makes 4 servings.

**Serving Suggestion:** Add Broccoli-Cheddar Potatoes for a quick, delicious meal  
Super Food Count: 3



I used to love eating Tuna Helper before I started on the real food path. I still miss it so I've been after the perfect homemade tuna noodle casserole recipe. I decided it would be fun to replace tuna with salmon because of the extra nutrition. The result was rather delicious.

## Ingredients:

- 4 tbsp. butter
- 3 – 4 cloves garlic, minced
- ¼ c. onion, diced
- 3 – 4 mushrooms, sliced
- 2 tbsp. arrowroot powder
- 1 ¾ c. milk
- ½ tsp. sea salt (or to taste)
- ¼ tsp. black pepper
- ½ tsp. parsley
- 1/8 tsp. thyme
- 1 6-oz. can wild salmon
- ½ c. broccoli
- 1 8-oz. package noodles (I like quinoa flour gluten-free macaroni)

## Directions:

In a frying pan over medium heat, melt the butter. Sauté onion, garlic, and mushrooms until softened. Add arrowroot powder and stir to combine, making sure there are no lumps. Add the milk and spices and stir and cook over medium heat until it is slightly thickened. Add the broccoli to the sauce and cook on low for a few minutes. Boil a pot of water and cook the pasta according to package directions. Drain. Add the (drained) can of salmon to the sauce mix along with the drained pasta. Stir together and serve. It is yummy topped with shredded Romano cheese.

**Serving Suggestion:** Serve with a Healing Salad for a delicious, vegetable-filled meal!

Super Food Count: 7

I had this dish for the very first time in a restaurant a few months back. It was so delicious, I had no idea how I'd lived without it so long! In time I perfected my version at home that was so delicious I crave it all the time. Chicken Marsala isn't traditionally marinated, but it increases both flavor and digestibility, so I do it. Because the sauce reduces, there's no worry about alcohol in the final product.

## Ingredients:

### Marinade

- ½ c. onion, chopped
- 2 cloves garlic, chopped
- ½ c. dry marsala wine
- 1 tsp. basil
- ½ tsp. thyme
- ½ tsp. oregano
- 1 tsp. sea salt
- ½ tsp. pepper

### Flour

- 1/3 c. sprouted flour
- ½ tsp. sea salt
- ½ tsp. oregano
- 1 tsp. basil
- ½ tsp. parsley
- ½ tsp. black pepper
- ¼ tsp. thyme

- 1 lb. chicken, sliced very thinly
- 4 – 6 white mushrooms, sliced
- ½ small onion, sliced
- 3 tbsp. olive oil
- 4 tbsp. butter, divided
- 2 cloves garlic, chopped
- ½ c. marsala wine
- 1 c. chicken stock

## Directions:

In a large glass bowl, mix all the marinade ingredients. Add the sliced chicken and enough water to cover. Place in the fridge overnight, or at least 8 hours. When ready to cook, mix flour ingredients together in a medium bowl. Heat olive oil and 2 tbsp. butter in a large frying pan over medium heat. Dip chicken into the flour mix, and then place into pan to fry (probably in 2 batches). Add the garlic along with the chicken. Set chicken aside when cooked through. In the pan, add remaining butter, onion, and mushrooms. Cook until mushrooms are done.

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Add marsala wine and deglaze the pan (stir around to get all the browned bits off the bottom). Add chicken stock, and a bit of salt and pepper. Boil for 15 – 20 minutes, until reduced by half. At this point, either add the chicken back to the pan and coat with sauce, or pour the sauce over the chicken on plates to serve. Makes 4 servings.

**Serving Suggestion:** Serve with Garlic Mashed Potatoes and a salad or green beans.

Super Food Count: 7



# Sides



Refried beans are a delicious and healthy accompaniment to Mexican dishes. Unfortunately most of the ones you can buy in the store are full of unhealthy fats (if they have any fat!), and are packed in cans lined with BPA. Not a good idea. Luckily, they're fairly easy and delicious to make at home.

**Ingredients:**

1 c. dry pinto beans  
1 clove garlic, minced  
1 tsp. cumin  
½ tsp. sea salt  
¼ c. onion, diced  
½ c. pastured lard

**Directions:**

Soak pinto beans overnight, at least 12 hours. Drain. Pour beans into a pot and cover with cold water (or stock, if you prefer; I don't). Add cumin, sea salt and garlic. Cook on low for 2 – 3 hours until beans are tender. Drain and lightly mash them. In a large pan, melt the lard on low-medium heat. Sauté the onions slightly, until just limp. Add the beans and continue to stir and cook until the lard is absorbed and the beans are mostly mashed. You can completely mash for a smooth texture, or leave quite chunky, depending on your preference. Makes 4 – 6 servings.

**Serving Suggestion:** Serve in Taco Salad or as a quick snack topped with raw cheddar.

Super Food Count: 4; 5 if beans are cooked in stock.

Black beans are another delicious accompaniment to Mexican dishes, with a bit different texture and flavor than refried beans. They're wonderful on nachos, in burritos or tacos, or even just as a snack by themselves! My son and I love these.

**Ingredients:**

1 c. black beans  
4 c. chicken stock  
1 clove garlic, minced  
½ c. onion, diced  
1 tsp. cumin  
½ tsp. sea salt

**Directions:**

Soak the black beans overnight, at least 12 hours (change the water halfway through if you soak longer). Drain the beans and pour them into a medium pot. Add the stock, garlic, onion, and spices. Cook 2 – 3 hours over low-medium heat, stirring every so often. Be sure that the liquid doesn't completely evaporate; add a bit of filtered water or additional stock if needed. When the beans are tender, stir them and serve. Makes 4 – 6 servings.

**Serving Suggestion:** Serve in Taco Salad or as a snack.

Super Food Count: 4

This is a delicious and dairy-free way to get more fat into your diet. I ate this a lot while I was pregnant and breastfeeding and noticed a definite boost in my supply on the days that I had it. The fresh crushed garlic makes it a wonderful anti-viral, too.

**Ingredients:**

½ c. extra virgin olive oil  
2 tsp. rosemary  
2 tsp. parsley  
½ tsp. basil  
½ tsp. oregano  
1 tsp. sea salt  
½ tsp. crushed red pepper  
1 clove garlic, minced or crushed (more if you like)

**Directions:**

Mix all ingredients together on a shallow plate. Dip your favorite bread into it and eat. Enjoy! Makes 4 – 6 servings.

**Serving Suggestion:** Serve with a slice of sourdough bread and a salad.  
Super Foods: 2



When I still ate boxed food, I used to love getting various cheesy potato mixes. Now that I don't anymore, I've started to re-create my favorites. This was very good and very easy! It's a wonderful, fast side dish with turkey sandwiches or grilled chicken.

## Ingredients:

3 – 4 medium potatoes, sliced thinly  
2 slices bacon, cooked and crumbled (optional, but delicious)  
4 tbsp. butter  
½ c. onion, minced  
2 tbsp. arrowroot powder  
2 c. whole milk  
½ tsp. sea salt  
¼ tsp. black pepper  
½ c. cheddar cheese, shredded  
¼ c. Romano cheese, shredded  
1 c. broccoli, chopped

## Directions:

Preheat oven to 350. Place sliced potatoes in a 9x13 baking pan. In a small sauce pan, cook bacon, butter, and onion until onion is soft. Add arrowroot powder and stir. Add milk and cook over medium heat, stirring, until the mixture is thickened (don't let it boil, especially not unattended!). Add the salt, pepper, and cheeses, reserving a small amount of cheddar for the top. Add the broccoli and stir. Pour the cheese mixture over the potatoes and stir to combine. Top with cheese. Bake for 30 – 45 minutes, until the potatoes are tender. Makes 4 – 6 servings.

**Serving Suggestion:** Serve alongside Baked Salmon with Garlic-Herb Butter, or a slice of ham.

Super Food Count: 4

During both my pregnancies, I was obsessed with mozzarella sticks (and other creamy, dairy foods). Unfortunately, if you get them at a restaurant or even buy a box at the store to bake at home, they're full of junk – hormones and antibiotics in the cheese, plus unhealthy vegetable oils, white flour, etc. Not worth it! Luckily, they're fairly easy to make at home, are delicious, and very healthy!

## Ingredients:

1 lb. mozzarella (bought unsliced with no additives, or homemade)  
1 c. sprouted flour  
1 egg  
¼ c. cream  
½ tsp. sea salt  
¼ tsp. pepper  
½ tsp. parsley  
Lard for frying

## Directions:

Slice the mozzarella into sticks, or other desired shape (a pound of cheese should make about 24). In a small bowl, mix egg and cream. In another bowl, mix flour and spices. Dip the mozzarella into the flour mix, then the cream mix, and then back into the flour mix. Place them on a baking sheet. Once all of the sticks are done, freeze them at least 30 minutes, but preferably overnight. Transfer them to a plastic bag for storage. They keep great in the freezer!

When ready to fry, heat oil over medium-high heat at least ½" deep in a pan (cast iron works great). Once the oil is hot (a small bit of breading added should sizzle immediately), add the mozzarella sticks, being careful not to crowd them. Allow them to cook about 2 min. on each side, watching carefully. They will melt and fall apart if left too long! Remove from the pan to a plate covered with a dish towel. Serve hot with tomato sauce for dipping. Makes 10 – 12 servings.

**Serving Suggestion:** Have them as a snack, or serve them alongside a salad for a full meal.

Super Food Count: 4

Homemade Mozzarella: <http://www.modernalternativemama.com/blog/2010/11/22/how-to-make-mozzarella.html>

These are delicious, and an easy accompaniment to any meal. I prefer them with Chicken Marsala, personally. But they are delicious with ham, beef roast, or simple grilled chicken too!

## Ingredients:

4 – 5 medium potatoes, peeled and chopped  
½ tsp. sea salt  
4 tbsp. butter  
2 cloves garlic, minced or grated  
½ tsp. parsley  
½ tsp. black pepper  
½ c. cream or milk (or as needed)

## Directions:

Boil potatoes in a large pot for 15 – 20 minutes, or until just fork tender. Drain and set aside. Melt the butter over medium heat and sauté garlic until softened. Watch carefully, it burns easily! Stir in salt, pepper, and parsley. Add the potatoes and mash with a potato masher, incorporating all the garlic butter. Add cream or milk until potatoes are whipped and fluffy. Serves 3 – 4.

**Serving Suggestion:** Serve alongside Chicken Marsala for a delicious Italian dish!

Super Food Count: 3





# Desserts & Breads

Ice cream is delicious (and the recipe is in Real Food Basics), but frozen yogurt is special. The cultured milk has even more benefits than plain raw milk, and it's a tart, refreshing taste. It also pleases the whole family – my kids love it! (Bekah said: "It's my favorite!") You can purchase your yogurt, or you can follow the directions below. A tutorial is also available on my blog: <http://www.modernalternativemama.com/blog/2010/12/4/how-to-make-yogurt.html>

## Ingredients (yogurt):

4 c. raw whole milk  
2 tbsp. yogurt, or 1 package culture

## Directions:

Slowly heat the milk in a pot on the stove over low heat. It should take 15 – 20 minutes. When a skin forms, stir it and remove the skin. If the milk is steaming slightly, it's ready. Remove it from the heat and set it aside to cool until lukewarm. Put 2 tbsp. yogurt (best idea) or a package of culture into a 1-quart mason jar. Pour the cooled milk into the jar, put a cover on it, and shake to combine thoroughly (having lumps of culture will result in lumps in your yogurt). Place the jar somewhere to incubate, where it will maintain a steady temperature of about 110 degrees. An oven on low, a cooler filled with hot water (check the temp), or my favorite, a dehydrator with trays removed. Allow the yogurt to culture for 4 hours. Remove it from the heat source and place it immediately in the fridge for several hours until well chilled. Do not stir or shake or disturb in any way until it is completely cooled (doing so could cause your yogurt to separate).

## Vanilla Frozen Yogurt

1 batch yogurt  
½ c. maple syrup  
3 egg yolks  
1 tbsp. vanilla

## Strawberry Frozen Yogurt

1 batch yogurt  
¼ c. honey  
½ c. strawberries  
3 egg yolks

## Directions:

Add all ingredients to a blender; mix for 30 seconds or so until completely blended. Pour into an ice cream maker and freeze according to manufacturer's directions. Serves 4 – 6.

**Serving Suggestion:** Top with fresh fruit for a delicious sweet treat!

**Super Food Count:** 2 - 3

What's a better fall treat than pumpkin bread? It's warm, fragrant, and delicious, especially spread with real butter. Here's a healthy version.

**Ingredients:**

2 c. sprouted flour  
½ tsp. sea salt  
¾ tsp. baking soda  
1 tsp. cinnamon  
½ tsp. cardamom  
½ tsp. nutmeg  
¼ c. butter  
½ c. maple syrup  
2 tbsp. raw honey  
1 egg  
1 c. pumpkin puree

**Directions:**

Preheat oven to 350. In a small bowl, mix flour, salt, baking soda, cinnamon, cardamom, and nutmeg. Set aside. In a large bowl, cream butter, maple syrup, and raw honey until smooth. Add egg and pumpkin and stir to combine. Pour flour mixture into the butter mixture and fold gently until just moist. Pour the batter into a loaf pan and bake at 350 for 40 – 50 minutes, until a toothpick inserted in the center comes out clean. Serve with real butter or whipped cream! Makes 6 – 8 servings.

**Serving Suggestion:** Spread with real butter and serve with Pregnancy Tea for a delicious snack.

Super Food Count: 6

I love the combination of maple and cinnamon, and adding in the nuts just makes it that much better. These are also full of excellent nutrition! They are reminiscent of wonderful cinnamon rolls.

## Ingredients:

½ c. butter, softened  
½ c. grade B maple syrup  
2 tsp. vanilla  
1.5 tsp. cinnamon  
Pinch of sea salt  
½ c. sprouted flour  
½ c. crispy walnuts, chopped  
½ c. crispy almonds, chopped  
2.5 cups soaked and dried oats

## Directions:

Soak walnuts and almonds overnight in salt water (about 1 tsp. per quart of water). Soak oats overnight in about ½ c. of water and 1 tbsp. of fresh yogurt or whey. Dry nuts and oats in a dehydrator or oven on low (200 or below) for 3 – 4 hours or until crispy. (I suggest that you do quite a lot of these as they are excellent in other recipes or just as snacks.)

Preheat oven to 350. Mix butter, maple syrup, and vanilla in a large bowl. Add sea salt and sprouted flour and stir to combine. Add nuts and oats and stir until well combined. Pour into an 11x7 baking pan and bake for about 25 minutes. Makes about 12 bars.

**Serving Suggestion:** Pair with a slice of raw cheese for a snack.  
Super Food Count: 6



# Oatmeal Chocolate Chip Cookies

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These are delicious and are known to promote milk production. We brought them to our birthing class a couple years ago and everyone loved them. There are other versions floating around the internet, but this one has less sugar and is healthier.

## Ingredients:

- 1 cup coconut oil
- ½ cup sucanat
- ¼ cup maple syrup
- 2 eggs
- 1 teaspoon vanilla
- 1.5 cups sprouted flour
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 3 cups soaked, crisp oats
- 1 cup chocolate chips
- 4 tablespoons brewer's yeast

## Directions:

First, soak oats in ¾ c. filtered water and 1 tbsp. yogurt or whey overnight. Dry in a dehydrator or oven on low (170) for 2 – 3 hours, until crispy. Cream the coconut oil (softened) with sugar and syrup. Mix in eggs, baking soda, sea salt, and vanilla. Add brewer's yeast and flour and stir to combine. Finally, fold in crispy oats and chocolate chips (may leave out chocolate if desired). Drop by spoonfuls on an ungreased baking sheet. Bake at 350 for 8 – 10 minutes. Makes 3 – 4 dozen cookies.

**Serving Suggestion:** Serve with a glass of raw milk and some fresh fruit.  
Super Food Count: 4





When you crave candy, it's hard to pass up the little bites of chocolaty goodness you see in the stores. But now you can ignore them and still have your candy. I mixed this up one day near Halloween, wanting something sweet without having to buy junk. It's delicious and tastes very much like an Almond Joy bar. Since it's mostly coconut oil, it's also incredibly healthy. It's one of the few candies that you actually should eat!

**Ingredients:**

1/3 c. coconut oil  
3 tbsp. raw honey  
1 tbsp. raw cacao powder or carob powder  
¼ c. crispy almonds, chopped  
¼ c. shredded, unsweetened coconut

**Directions:**

Mix all the ingredients together. Spoon into mini-muffin trays and freeze. Pop them out and enjoy! Makes 12 servings.

**Serving Suggestion:** Have one before a meal, or after for a sweet finish.  
Super Food Count: 3

Zucchini bread is a delicious fall treat, and so versatile. It can be sweet or spicy or both. This one tends more towards spicy. I created this recipe from a couple similar ones I've used in the past while out of town. Every guest at dinner loved it, so I'm sharing it with you.

## Ingredients:

2 c. sprouted flour  
1 tsp. baking soda  
½ tsp. sea salt  
¼ tsp. nutmeg  
1 tsp. cinnamon  
¼ tsp. lemon zest (opt.)  
3 tbsps. butter, softened  
½ c. sucanat  
1 egg  
¼ c. grade B maple syrup  
1 tsp. vanilla  
1 c. zucchini, drained if frozen  
½ c. milk

## Directions:

Preheat oven to 350. In a small bowl, mix together flour, baking soda, salt, and spices. Set aside. In a large bowl, cream the butter and Sucanat until light and fluffy. Add egg, maple syrup, vanilla, and milk and stir to combine. Add the flour and zucchini to the liquid ingredients and gently fold them in, be careful not to over mix. Pour into a prepared loaf pan and bake for 40 – 50 minutes, until a toothpick inserted in the center comes out clean. Makes 8 – 10 servings.

**Serving Suggestion:** Spread with raw butter and have a glass of raw milk or smoothie.

Super Food Count: 6

Who doesn't love garlic bread? I know we do! And sourdough bread is technically a fermented food and is very good for you. I'll admit that I'm no good at baking it, so I usually buy my bread. But if you'd like to learn, you can visit Wardeh at GNOWFGLINS to learn how: <http://gnowfglins.com/ecourse/>

(Yes, it's an ecourse, but it's affordable, you can select only the lessons that appeal to you, and it's completely on your schedule with lifetime access. And no, I'm not an affiliate, I just think it's a good idea.)

## Ingredients:

1 sourdough baguette, sliced lengthwise  
4 tbsp. butter  
2 cloves garlic, crushed  
¼ tsp. parsley  
½ tsp. sea salt

## Directions:

Set your oven to broil, and place a rack in the top position. In a medium sauce pan, melt the butter over low-medium heat. Add the garlic and sauté until soft, just a few minutes. Add the sea salt and parsley and stir to combine. Spoon the mix over the bread, rubbing into the bread. Put the bread on a baking sheet and place under the broiler for 5 – 6 minutes, until the edges start to turn golden brown. Add a bit of cheese if you like. Serves 4 – 6.

**Serving Suggestion:** Serve alongside any soup or salad.

Super Food Count: 3



What do you think about pregnancy nutrition now? Does it sound more do-able? Does it sound delicious? Hopefully this book has given you some basic guidelines and recipes you'll use to help make eating while pregnant a more enjoyable experience.

In the next several months, look for the following cookbooks from Modern Alternative Mama (in no particular order):

Foods for Babies and Toddlers: Healthy Recipes for Baby Food, Finger Food, Snacks, and Toddler-Friendly Meals

Healthy Dessert Recipes: Low-Sugar and Sugar-Free Desserts

Organizing Your Real Food Kitchen: Practical Tips and Procedures for Keeping your Kitchen Running Smoothly

And don't forget about the first cookbook:

In the Kitchen: Real Food Basics

See you in another book!