

### **Breastfeeding Program (Frequent Nursers) - Approx 1,800 calories**

| <b>Breakfast</b> | <b>AM Snack</b>  | <b>Lunch</b>         | <b>PM Snack</b> | <b>Dinner</b>        |
|------------------|------------------|----------------------|-----------------|----------------------|
| 1 Isalean Shake  | 100-150 calories | 400-600 calorie meal | 1 Isalean Shake | 400-600 calorie meal |

### **Breastfeeding Program (Occasional Nursers) Approx 1,300 calories**

| <b>Breakfast</b> | <b>AM Snack</b>  | <b>Lunch</b>    | <b>PM Snack</b>  | <b>Dinner</b>        |
|------------------|------------------|-----------------|------------------|----------------------|
| 1 Isalean Shake  | 100-150 calories | 1 Isalean Shake | 100-150 calories | 400-600 calorie meal |

**Snacks:** Raw Almonds, Hard Boiled Egg Whites, A Few Green Apple Slices with Almond Butter  
Cucumbers/Celery with hummus, 1/2 Isalean Bar, Fibersnack bar, Whey Thins  
Slim Cakes

\*Be sure to drink one gallon of water a day and watch your milk supply. If your supply is not sufficient, add in an additional healthy snack as needed to maintain supply. Oatmeal is also great for boosting your milk supply (just be sure to use plain oatmeal and not the "flavored" oatmeals with additives).

\*IsaFruits are a healthy, low calorie way to ensure you are getting a full day's supply of fruit. Isafruits can be added to your shakes or mixed with water to drink with a meal like a juice.

For more information: please visit <http://www.isagenixhealth.net/isagenix-while-pregnant-or-breastfeeding/>