



TRIMESTER 4





FOURTH TRIMESTER

300-500 EXTRA CALORIES

Yes, the fourth trimester is a "thing." Are you ready? Here is where the focus begins. Recovering from a pregnancy, labor and delivery is not easy. But you just grew a human- so you can literally do anything.

Taking care of yourself does not make you selfish, it makes you a good mom. You cannot pour from an empty cup- so take care of yourself first. You deserve to feel good- so let's get out of those mesh undies and put in some work!

Make sure to get clearance from your doctor (they know you best) before beginning any type of physical activity.

Don't forget you were smart enough to squirrel away and freeze those extra meals. Use them- and don't be afraid to put your feet up and rest when the baby rests.

Your water intake is WICKED important, especially if you're nursing. Check out our "lactation recipes" section if you need to increase your milk supply

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**FALL IN LOVE
WITH
TAKING
CARE OF
YOURSELF
MIIND. BODY. SOUL.**

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