

Diet Plan for Breastfeeding Mother of a Premature Baby (May 2026)

Target: 2,200–2,600 kcal/day | High nutrient density and galactagogues for milk supply

Hydration: 3–4 liters water/herbal tea daily

Monday

Breakfast: $\frac{3}{4}$ cup oats cooked in $1\frac{1}{2}$ cups milk/water + 3 tbsp almonds, $\frac{3}{4}$ cup berries, 1 tbsp flaxseeds; 2 cups green tea (~550 kcal)

Lunch: 3 cups spinach, $\frac{3}{4}$ cup strawberries, $1\frac{1}{2}$ oz walnuts, 5 oz chicken, $\frac{1}{2}$ avocado + $1\frac{1}{2}$ tbsp olive oil and lemon (~650 kcal)

Snack 1: 1 cup full-fat Greek yogurt + 1 tsp honey + $1\frac{1}{2}$ tbsp flaxseeds

Snack 2: Apple + 1 tbsp peanut butter

Dinner: 5–6 oz baked salmon, $\frac{3}{4}$ cup quinoa, $1\frac{1}{2}$ cups broccoli + extra olive oil (~700 kcal)

Daily Total: ~2,300–2,600 kcal | Cost: \$18.00

Tuesday

Breakfast: 3 scrambled eggs + $\frac{1}{2}$ avocado on 2 slices toast; 2 cups chamomile tea

Lunch: $\frac{3}{4}$ cup lentils, 2 carrots, $1\frac{1}{2}$ cups kale simmered in broth; 2 whole grain rolls + olive oil

Snack 1: $\frac{3}{4}$ cup full-fat cottage cheese + $\frac{3}{4}$ cup pineapple

Snack 2: Handful of mixed nuts

Dinner: 5 oz tofu or chicken stir-fry with $1\frac{1}{2}$ cups veggies in $1\frac{1}{2}$ tbsp olive oil + $\frac{3}{4}$ cup brown rice

Daily Total: ~2,300–2,600 kcal | Cost: \$15.50

Wednesday

Breakfast: Smoothie (2 bananas, $1\frac{1}{2}$ cups spinach, 1 cup milk/kefir, 1 tbsp flax) + 2 boiled eggs; 2 cups rooibos tea

Lunch: 5 oz turkey, 1 cup spinach, tomato, $\frac{1}{2}$ avocado in 2 whole grain wraps

Snack 1: $1\frac{1}{2}$ oz mixed nuts + 6 dried apricots

Snack 2: Greek yogurt

Dinner: 5 oz beef stir-fry with $1\frac{1}{2}$ cups green beans and mushrooms in $1\frac{1}{2}$ tbsp olive oil + $\frac{3}{4}$ cup brown rice

Daily Total: ~2,250–2,550 kcal | Cost: \$16.50

Thursday

Breakfast: Whole grain waffles ($\frac{3}{4}$ cup flour + 2 eggs) topped with $\frac{3}{4}$ cup cottage cheese, $\frac{3}{4}$ cup blueberries, 1 tbsp flax; 2 cups green tea

Lunch: $\frac{3}{4}$ cup quinoa, $\frac{3}{4}$ cup chickpeas, cucumber, tomato, 1–2 oz feta + $1\frac{1}{2}$ tbsp olive oil dressing

Snack 1: Banana + 2 tbsp almond butter

Snack 2: Carrot sticks with hummus

Dinner: 5–6 oz baked cod + 1 large sweet potato + 2 cups sautéed spinach in olive oil

Daily Total: ~2,300–2,600 kcal | Cost: \$17.00

Friday

Breakfast: 3 tbsp chia soaked in $\frac{3}{4}$ cup kefir/milk + $\frac{3}{4}$ cup mango, 2 tbsp almonds; 2 cups herbal tea

Lunch: $\frac{3}{4}$ cup barley + $1\frac{1}{2}$ cups veggies in broth; 2 whole grain rolls

Snack 1: Apple + peanut butter

Snack 2: Cheese + whole grain crackers

Dinner: 5 oz roasted chicken + $1\frac{1}{2}$ cups root veggies + large spinach salad with $\frac{1}{2}$ avocado and olive oil

Daily Total: ~2,250–2,550 kcal | Cost: \$15.00

Saturday

Breakfast: Whole grain pancakes ($\frac{3}{4}$ cup flour) + $\frac{3}{4}$ cup berries, $\frac{1}{2}$ cup full-fat yogurt, 1 tbsp flax; 2 cups green tea

Lunch: 5 oz salmon salad with celery, $\frac{1}{2}$ avocado + 2 whole grain rolls

Snack 1: 4 figs + $1\frac{1}{2}$ oz walnuts

Snack 2: Oat lactation snack (oats/flax)

Dinner: 5 oz pork tenderloin + $1\frac{1}{2}$ cups roasted Brussels sprouts + $\frac{3}{4}$ cup couscous

Daily Total: ~2,300–2,600 kcal | Cost: \$16.50

Sunday

Breakfast: 3-egg omelet with 1 cup spinach, 2 tomatoes, 2 tbsp feta + 2 slices toast; 2 cups herbal tea

Lunch: 5 oz salmon + 3 cups spinach, $\frac{1}{2}$ avocado + miso soup with veggies

Snack 1: Generous hummus with bell peppers and carrots

Snack 2: Mixed berries + nuts

Dinner: 5–6 oz turkey meatballs + $\frac{3}{4}$ cup whole grain pasta + $1\frac{1}{2}$ –2 cups steamed kale

Daily Total: ~2,300–2,600 kcal | Cost: \$17.00

Additional Notes

- Boost calories with extra avocado, nuts, olive oil or full-fat dairy as needed.
- Galactagogues emphasized: oats, flax, leafy greens, salmon, nuts and barley.
- Batch prep proteins and grains. Swap proteins if desired.
- Track weight, energy and milk supply. Adjust portions up if exclusively pumping.
- Weekly grocery cost estimate: \$95–125 (US). Shop seasonal and in bulk.

Bibliography

1. CDC. Maternal Diet and Breastfeeding. Updated March 2026.
2. American Academy of Pediatrics. Nutrition for VLBW Infants and Newborns. Updated 2026.