

One-Handed Meals & Snacks

BFF = BALANCE + FUEL + FLAVOR

BALANCE

Protein, healthy fats,
and fiber-rich carbs

+

FUEL

Add complex
carbohydrates

+

FLAVOR

Options include sweet,
salty, crunchy, creamy

Snack Idea	Balance (Protein/Fat)	Fuel (Energy)	Flavor (Fun/Colorful)	Lactogenic Foods Included
Peanut butter on oatmeal toast with banana slices	Peanut butter	Oatmeal toast	Banana slices	Oats (classic lactogenic food)
Greek yogurt parfait with granola and blueberries	Greek yogurt	Granola	Blueberries	Blueberries (antioxidant support)
Cheese stick with whole grain crackers and apple slices	Cheese stick	Whole grain crackers	Apple slices	Whole grains (support steady blood sugar)
Hummus spread in a pita with shredded carrots	Hummus (chickpeas)	Whole grain pita	Shredded carrots	Chickpeas (traditional milk-boosting food)
Cottage cheese with pineapple and ground flaxseed sprinkle	Cottage cheese	Ground flaxseed	Pineapple chunks	Flaxseed (healthy fats for milk supply)
Hard-boiled egg with roasted sweet potato and salsa	Hard-boiled egg	Sweet potato	Salsa	Sweet potatoes (beta carotene-rich)
Almonds with dried apricots and dark chocolate pieces	Almonds	Dried apricots	Dark chocolate	Almonds (healthy fats, traditional galactagogue)
Tuna salad rolled in a tortilla with cucumber slices	Tuna salad	Whole grain tortilla	Cucumber slices	Whole grains
Avocado mash on toast with sesame seeds sprinkled on top	Avocado	Toast	Sesame seeds	Sesame seeds (calcium + traditional milk support)
Edamame with brown rice and a drizzle of soy sauce	Edamame	Brown rice	Soy sauce	Soy foods (phytoestrogen content)