

# 5 SIMPLE WAYS

TO SUPPORT ENERGY

Postpartum 

Simple nutrition habits to support energy, recovery, and sustainable postpartum wellness.



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## PRIORITIZE PROTEIN

Protein can help support:

- ✔ healing and recovery
- ✔ muscle repair
- ✔ fullness and satisfaction
- ✔ stable energy levels

Simple protein ideas:



greek yogurt



eggs



chicken



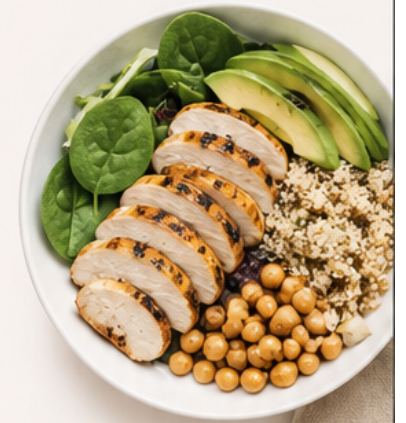
cottage cheese



protein smoothies



Aim to include a protein source at meals and snacks when possible.



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## DON'T FEAR CARBS

Carbs are not the enemy. And no — I'm not talking about carb loading. I'm talking about incorporating complex carbs that support:

- ✔ energy
- ✔ workouts
- ✔ recovery
- ✔ hormones

EXAMPLES:



oats



rice



potatoes




fruit



quinoa



sourdough bread

Constantly cutting carbs and reintroducing them can create an exhausting all-or-nothing cycle around food. Your body deserves consistent fuel. 



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## STAY HYDRATED

Hydration matters for:

- ✔ energy
- ✔ recovery
- ✔ digestion
- ✔ milk production (if breastfeeding)



A simple place to start: keep water accessible throughout the day and pair hydration with meals/snacks.



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## BUILD BALANCED MEALS

You do NOT need perfect meals. A simple balanced plate can look like:



protein

+



carbs

+



healthy fats

+



color/fiber

Example meals:



eggs + toast + fruit



turkey bowl with rice and veggies



greek yogurt + berries + granola

 Simple and supportive is enough.

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## STOP STARTING OVER

- ✔ One "off" meal does not ruin your progress.
- ✔ Postpartum nutrition should not feel like punishment.
- ✔ Sustainable habits will always support you more than extreme restriction ever will.



## FINAL THOUGHTS

You deserve nutrition support that feels realistic, nourishing, and sustainable.

Not another cycle of guilt, restriction, and burnout.

WANT MORE POSTPARTUM SUPPORT?

Explore my postpartum fitness and nutrition resources at:

[SUTTONNUTRITION.NET](https://suttonnutrition.net)