# Healthy Energy Boosting Foods List for Moms

This checklist is designed for busy at-home moms (including stay-at-home and work-at-home moms) who want to boost their energy naturally through wholesome, nutrient-dense foods.

## Fruits

☑ Bananas

☑ Apples

☑ Blueberries

☑ Oranges

☑ Avocados

## Vegetables

☑ Spinach

☑ Kale

☑ Sweet Potatoes

☑ Beets

☑ Broccoli

## Whole Grains

☑ Oatmeal

☑ Quinoa

☑ Brown Rice

☑ Whole Wheat Bread

☑ Barley

## Proteins

☑ Eggs

☑ Chicken Breast

☑ Greek Yogurt

☑ Lentils

☑ Chickpeas

## Healthy Fats

☑ Almonds

☑ Chia Seeds

☑ Walnuts

☑ Flaxseeds

☑ Olive Oil

## Energy Drinks & Hydration

☑ Water with Lemon

☑ Coconut Water

☑ Herbal Teas (e.g., Peppermint, Ginger)