

# Healthy Energy Boosting Foods List for Moms

## Fruits

- ☐ Bananas
- ☐ Blueberries
- ☐ Oranges
- ☐ Apples

## Vegetables

- ☐ Spinach
- ☐ Sweet Potatoes
- ☐ Kale
- ☐ Broccoli

## Proteins

- ☐ Eggs
- ☐ Greek Yogurt
- ☐ Lentils
- ☐ Chickpeas

## Whole Grains

- ☐ Oatmeal
- ☐ Brown Rice
- ☐ Quinoa
- ☐ Whole Wheat Bread

## Healthy Fats

- ☐ Avocados
- ☐ Nuts (Almonds, Walnuts)
- ☐ Chia Seeds

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☐ Olive Oil

### Herbal & Natural Boosters

☐ Green Tea

☐ Lemon Water

☐ Herbal Teas

☐ Dark Chocolate (in moderation)