

25

FOODS TO FIGHT

MOM FATIGUE *instantly*

FLUIDS

- water
- herbal tea
- limit alcohol

VEGETABLES

- green leaf veg
- spinach
- avocado

NUTS, GRAINS, SEEDS

- oats
- quinoa
- almonds
- beans
- walnuts
- chia seeds

MEAT AND MORE

- chicken
- eggs
- honey
- dark chocolate

FRUITS

- dates
- watermelon
- bananas
- oranges
- grapefruit
- apples
- coconut
- blueberries

FISH

- salmon
- sardines

FIGHT FATIGUE AND DEPRESSION

- salmon
- dark chocolate
- almonds
- eggs
- green tea
- avocado
- bananas
- blueberries

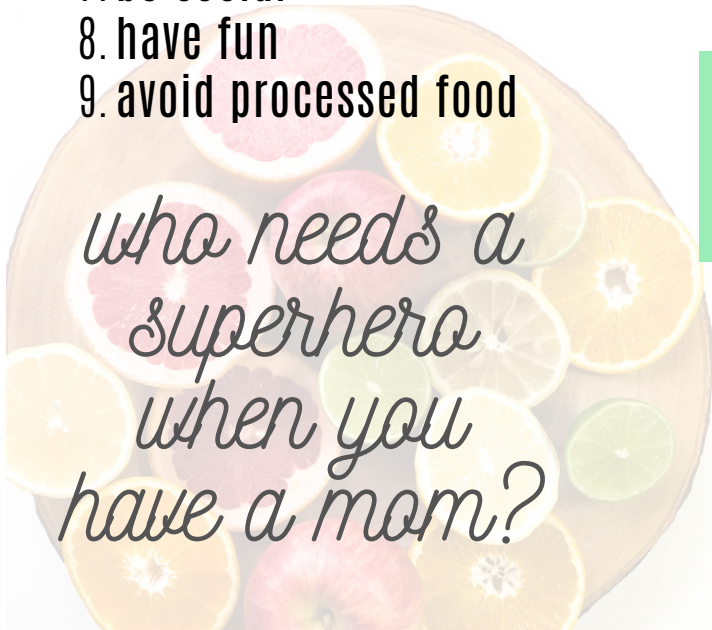
9

POWERFUL TIPS TO BOOST ENERGY *instantly*

FIGHT FATIGUE AND DEPRESSION

1. avoid sugar and alcohol
2. ensure quality sleep
3. drink enough water
4. eat energy-boosting food
5. exercise often
6. limit your stress using self-care and affirmation
7. be social
8. have fun
9. avoid processed food

health isn't a goal, it's a way of living



who needs a superhero when you have a mom?

BREAKFAST IDEAS

- cooked oats and fruit
- hard-boiled eggs
- greek yogurt with fruit and chia seeds
- spinach and fresh fruit smoothie
- quinoa porridge with honey
- nuts and dried fruit

HIGH ENERGY SNACKS

- apple with peanut butter
- dates and walnuts or almonds
- hard-boiled eggs
- Greek yogurt with banana and citrus fruit
- cottage cheese with chia seeds
- toast and avocado
- celery and peanut butter
- fruit salad
- vegetables with bean dip

mom is a title just above queen