The postpartum freezer meal plan

The Freezer Plan

Two calm prep days, 24 dinners, 24 breakfasts, and 36 snacks, so feeding yourself after baby feels much easier.



Practical nourishment for the first month home

Shopping lists | labels | 30-day calendar

The best gift isn't on the registry

A practical freezer companion, not a perfect postpartum diet.

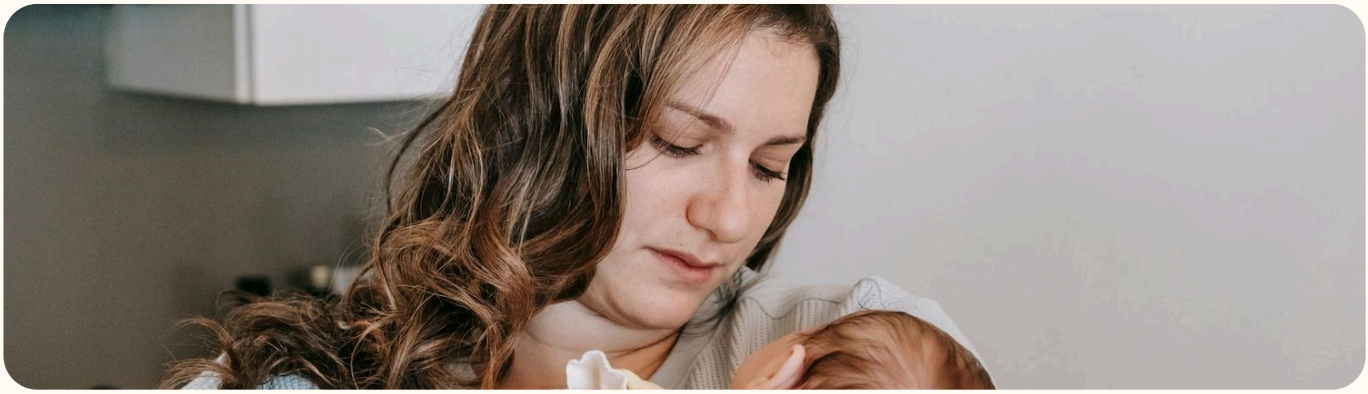
Ask anyone who's had a baby what they wish they'd had more of in the first weeks, and you'll hear the same answers: sleep, help, and food they didn't have to think about.

This plan takes care of the third, and makes the first two a little easier. In two prep days before the birth, you'll stock your freezer with nourishing, familiar meals that reheat with almost no effort, most of which you can eat with one hand.

Every recipe was chosen for three things: it freezes well, it reheats simply, and it gives a recovering body real nourishment, with protein, fiber, and plenty of vegetables.

Whether you're preparing for your own baby or giving this to someone you love, you're giving the gift of one less thing to worry about.

Cook now. Rest later.



What the research says

Why a freezer full of good food matters so much after a baby arrives.

What the research says

+330 calories

a day is the estimated additional need in the first six months of breastfeeding, rising to about 400 in months seven to twelve.

Dietary Guidelines for Americans, 2020 to 2025

What the research says

About 1 hour

less sleep a night for mothers in the first three months after birth, in a study of more than 4,600 parents. Neither parent's sleep had fully recovered six years later.

Richter and colleagues, Sleep, 2019

What the research says

0°F

keeps food safe indefinitely. Freezer storage times are about quality, not safety. Soups and stews are at their best within two to three months.

USDA and FDA cold storage guidance

What the research says

Six nutrients

flagged as nutrients of concern during breastfeeding: calcium, vitamin D, potassium, fiber, iodine, and choline.

Dietary Guidelines for Americans, 2020 to 2025

What this means for you

In the first months, you'll need more nourishment and have less time and energy than ever. Doing the cooking in advance, while you still can, is one of the most practical things you can do for your recovery.

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What your body needs, one-handed eating, and feeding stations.

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Six more dinners, oatmeal cups, and muffins.

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Your 30-day calendar and how to let others help.

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Inventory, labels, and a meal train sign-up.

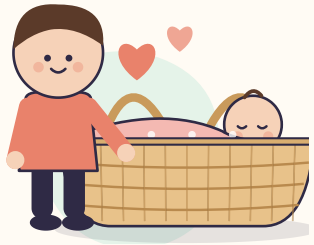
Breakfasts and snacks

26 Freezer Breakfast Burritos

27 Oat and Flax Energy Bites

37 Baked Oatmeal Cups

38 Morning Glory Muffins



Prep day 1 · Dinner

Slow Cooker Chicken Tikka Masala

A creamy, mildly spiced curry that goes straight from freezer bag to slow cooker.

No-cook prep · Slow cooker



Protein per serving	Calories	Fiber	Makes	Best within
38 g	310	4 g	2 meals of 4	about 3 months

Ingredients

- **2 2/3 lb (1.2 kg)** boneless skinless chicken thighs, cubed
- **2 medium (200 g)** onions, diced
- **one 28 oz can (800 g)** crushed tomatoes
- **one 14 oz can (400 g)** light coconut milk
- **2 tbsp each** garam masala and grated ginger
- **4 cloves** garlic, minced
- **2 cups (300 g)** frozen peas, added at serving
- **1 1/4 cups (300 g)** plain Greek yogurt, stirred in at serving

On prep day

1. Label two gallon freezer bags.
2. Divide the chicken, onion, tomatoes, coconut milk, spices, garlic, and 1 tsp salt between the bags.
3. Squeeze out the air, seal, and lay flat.

To freeze

Freeze the bags flat on a sheet pan, then stand them upright like files once frozen.

To serve

Thaw overnight in the fridge. Cook on low 6 hours or high 3 to 4 hours, until the chicken reaches 165°F (74°C). Stir in the peas and yogurt. Serve with rice or naan.

Tip: Always thaw bags in the fridge before slow cooking. Food safety experts advise against putting frozen meat in a slow cooker.

Prep day 2 | Schedule

Prep day 2: the game plan

A suggested schedule. Adjust it to your kitchen and your energy.

Time	Do this
8:00	Set up and label. Heat the oven to 400°F.
8:15	Start the dal and the minestrone on two burners.
8:30	Mix and roll the meatballs. Bake.
9:00	Assemble the salsa verde chicken and maple soy salmon bags.
9:30	Boil the sweet potatoes. Brown the shepherd's pie filling. Simmer the marinara.
10:30	Assemble the shepherd's pies. Lower the oven to 350°F.
11:00	Bake the oatmeal cups. Mix the muffins.
11:45	Bake the muffins at 375°F.
12:15	Lunch break.
12:45	Pack the cooled soups, dal, and meatballs. Freeze everything flat.
1:30	Clean up and update your freezer inventory.

Bring a helper

A second pair of hands cuts the time almost in half. One person chops and bags, the other cooks.

Pace yourself

If you're pregnant, sit down to chop, take breaks, and stay hydrated. It's fine to split a prep day across two afternoons.