

Glowing and Showing

THE NATURAL PREGNANCY GUIDE



Essential Tips, Resources and Plant-Based Nourishment
For You and Your Baby to Thrive During 9 Of the Most
Important Months Of Your Life!

by *Melissa Paddison*

Disclaimer: This ebook is intended only as an informative guide for those wishing to know more about a plant-based pregnancy, exercise, mindfulness, and vibrant living during pregnancy. In no way is this ebook intended to replace or conflict with the advice given to you by your own physician. Check with your primary healthcare physician before commencing any changes to your diet and lifestyle. The ultimate decision concerning care should be between you and your Doctor. I strongly recommend you follow his or her advice.

Acknowledgments

Thank You to my Husband, Clint, who is truly my rock of support and strength. May we always love, inspire, uplift, and be each others mountains.

I also thank my darling Angelina, who has taught me how to evolve into a Glowing and Showing Mama. True bliss is being her Mama and having her teach me how to be selfless and utterly in love with creating a life of love and nourishment for our family.

I thank my darling daughter on the way who has sparked my enthusiasm creating this ebook even more, with our 7 months of time, where our two hearts beat as one.

Thank You to my Mama who was a beautiful example of motherhood and inspired me on my personal journey as a Mama.

May any woman who wishes to become a Mama feel love and connectedness with their growing belly and have their internal cup overflow with gratitude for the tiny feet that will forever imprint on her heart and Soul.

Congratulations to You and Your Baby!

“Before you were born I carried you under my heart. From the moment you arrived in this world until the moment that I leave it, I will always carry you in my heart.”

-Mandy Harrison



Congratulations! You are embarking on one of the most influential and delicately beautiful experiences of your life - growing, nourishing, and nurturing your Little One. I wanted to create and share a content-rich ultimate reference guide for all things plant-based and delicious during pregnancy. On top of that, things that you also need to do to give baby the ultimate environment in which to grow, develop and begin life on earth. Last but not least we focus on YOU and how you can practice self-love and cultivate self-awareness to be the best Mama for your Little. Get ready to glow from the inside out.



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Congratulations, you're pregnant!

I believe being pregnant and becoming a mama is one of the highest gifts that we as women can receive in life - truly a blessing from the Universe. For me, the journey into motherhood was a highlight of my life. It is a new path. One that is to be discovered, traversed, and led me to connect more deeply within myself and ultimately connect with my baby.



It is a path that called on me to become more aware, more present. I needed to focus on how I was nourishing and nurturing myself. I have always been a super healthy lady! Living mindfully, nutrition, yoga, and a positive mindset have always been key components of my life. But applying those to myself through pregnancy was a new curve ball! I had no clue what I was in for with pregnancy and birth. I just knew that I was in for the ride of my life, for the rest of my life!

It's a difficult time. You not only feel the responsibility to look after yourself and your own health during this time but you also feel a new weight of responsibility for your growing child.

How will I maximize the chance of a healthy child? Will they get all the nutrients they need from my existing diet? Should I exercise? How to exercise? Supplements? How do I prepare for birth to set myself up for success? What is the best way forward to do everything right for my future baby and me?

These are all the questions I had of course, plus many more. Don't worry, we'll cover all of this and more in this guide. I wanted to put together my learnings and experience into a simple-to-follow and information dense guide that you could use to improve your pregnancy and birth experience.

I want to help you have a wonderful, healthy baby and best prepare you for a likely natural birth. Once you start to see what I put in this guide, and what I followed myself, you'll see that it's a lot less difficult than you might think. This doesn't guarantee that everything will be perfect in every single way. But I feel that this approach played an enormous role for me in achieving a close to perfect pregnancy, birth experience and healthy bub.

The path I followed was a completely plant-based pregnancy, followed by a natural birth (50min in the hospital) and a perfectly healthy, gorgeous little girl. At the time of writing our daughter Angelina is now 20 months old and I'm proud to be carrying number two at the half-way mark! So I'm literally going through this content again, following these strategies, and wishing to replicate the ideal first experience that we had with our Angelina.

Angelina has been plant-based from birth and is normal weight and normal height for her age.

The only things that are not normal about her is that she has only been sick twice in 20 months and has never had reflux or colic. Yes, we've kept her out of daycare (notorious for kids picking up things) but I do feel that her extraordinary health has been founded on myself and her both being plant-based and exclusively breast feeding her for 18 months. She bounces off the walls with energy, happiness and enthusiasm for life.

So put aside any fears you may have of going plant based for your pregnancy. Instead, rejoice about the kind of little bliss ball you are going to bring into this world and the improved health that you will bring upon yourself. From reduced excess body fat, reduced risk of birth complications, reduced risk of gestational diabetes, improved nutrition, additional energy and much much more - a plant based pregnancy can bring extraordinary joy to you, your future baby and indeed your whole family.

So what are we waiting for? Let's get started on your Glowing and Showing journey!

PART ONE

Your Guide to Eating Clean & Vibrant Foods

“Every time you eat
jump at the chance to
nourish and nurture
your body and baby
with clean, vibrant,
nutrient-dense foods.
This begins our
journey as a Glowing
and Showing Mama.

Melissa Paddison

You Are What You Eat

What an incredible responsibility we have to ourselves and our growing baby to nourish ourselves with all of the essential building blocks of life during the next 9 months and after! Living and eating healthy shouldn't just begin when we become pregnant, and then after our precious bub is born, revert back to patterns of unhealthy lifestyle choices.



Pregnancy or preparing for pregnancy is a time to seriously check ourselves and the mindset and patterns we have with foods and what we choose to put on our plates. I urge Moms to Be to learn

and be inspired on a path to wellness with food choices that are organic, clean, green, nutrient-dense, whole-grain, plant-based, and filled with kindness. These choices not only help to transform our bodies and fuel us with incredible nourishment and vitality but they become the building blocks of our own perfect Little One. Why not give them the clean and wholesome start that they deserve on earth and provide them with foods that will begin and continue to cultivate wellness throughout their life.

With growing up surrounded by following the masses, saturated marketing telling us what is supposedly 'good for us', studies telling us what we should and shouldn't do (who is funding those studies?), and hearing the news telling us information that we immediately digest as the 'truth', are all common traps to fall into. It simply can't be helped. We have a world of contradictions and to be honest some very well orchestrated marketing to help pull the wool over our eyes to what we are told is healthy.

I feel very blessed to have grown up in a vegetarian household and have had a life filled with open mindedness towards health, nutrition, and awareness about the foods that we choose to put on our plate. I did grow up with a lot of questions from friends during school lunch or at birthday parties as I was one of the few kids who had a plant-based lunch! I asked a lot of questions growing up and I inherently knew that I was eating not only for my health but eating compassionately and with kindness. The ripple affect of choosing a plant-based diet goes far beyond our body and truly affects sustainable eating around the world, our animal friends, and the health of our planet. I look forward to sharing with you a few insights on a few food groups that I definitely have chosen to avoid and hope that many others tend to become aware of the foods that have been touted as 'truths' when in fact they are complete 'negatives' on my plate.

Ditch the Meat

There are many reasons as to why animal proteins and flesh are simply not good for the body and are just plain gross. We are led to believe throughout most of our lives that we need protein, protein, protein! Yes, we do need protein but not in the excessive amounts that have been forced upon western society through big shot marketing campaigns and different animal industries.

How much protein do we really need?

Scientific research has shown that the amount of protein required per day is from 20 to 30 grams.¹ We can easily reach the amount of protein needed with plant proteins. What is so shocking is the amount of protein in an average daily Western diet which is predominantly based on animal sources of meat and dairy. It has a whopping 100 to 160 grams of protein per day.² The body is an incredible creation and can handle and continue to cope with overloads of protein. Once the body absorbs the amount of protein needed it will need to process and get rid of the excess. This puts great stress on the kidneys and liver. In fact, the kidneys can lose up to 25% function over a life time of 70 years with a Western Diet.³ A recent study published in Cell Metabolism found that eating excessive amounts of animal proteins is directly linked to a dramatic rise in cancer mortality, but also affects middle-aged people who eat a lot of meat, milk, and cheese, they in turn are more susceptible to an early death. Eating meat and cheese is just as bad as smoking! “Protein-lovers were 74 percent more likely to die of any cause within the study period than their more low-protein counterparts. They were also several times more likely to die of diabetes.”⁴

Other affects of excessive protein, especially animal protein in women were shown by Harvard researchers. The study researched

fertility in more than 18,000 women and found that “Ovulation infertility was 39 percent more likely in women with the highest intake of animal protein than in those with the lowest. The reverse was true for women with the highest intake of plant protein, who were substantially less likely to have had ovulatory infertility than women with the lowest plant protein intake.”⁵ I made a conscious decision to not get caught up in the hype of protein overloading and to realize that yes, it is essential for growth in the body, repair and restoration of body tissues, it also helps the production of cells, energy, and hormones, amongst other things. I chose to reap the benefits of plant-based protein for my body and baby to allow myself to thrive.

There is way more to animal proteins than just the excessive amount of protein consumption. We need to be mindful of the choices that we make while pregnant (and throughout daily life) as many foods can cause food poisoning. According to the USDA, 70 percent of all food poisoning is caused by contaminated animal flesh.⁶ There are many things that can be contracted by consuming animal products like meat, chicken, fish, dairy products, and eggs - some of them are toxoplasmosis, listeria, salmonella, and E. Coli. Even if someone in your house does not follow a plant-based diet it is extremely important to use different cutting boards and knives from the animal products as these can be contracted by simply touching them. Gross! There are some serious side effects that can affect baby, for example listeria can cause miscarriage, stillbirth, or premature birth.⁷ Another reason to avoid chicken, salmonella. Salmonella was found in over half of the store bought chickens in a study by Consumer Reports, this also included organic, free-range, and kosher producers.⁸ To add to the rot, E. Coli (fecal contamination) is found in raw dairy products and in improperly cooked meat. The USDA did a study that showed store-bought cooked chickens to have detectable levels of E. Coli in more than 99% of the chickens!⁹ I can't even imagine running that through my body and having foods not only affect me but affect my growing little one.

Further to animal flesh being laden with harmful bacteria and fecal matter, the animals themselves are grown, harvested, and spend their short lives in factory farms. If you have not had the chance to look up factory farming and the inhumane abuse and living conditions that animals sustain, I urge you to educate yourself. There are over ten billion animals that are slaughtered each year in America alone in factory farming - this includes your cows, pigs, chickens, veal calves, and dairy cows. The imagery of farm animals enjoying green pastures and blue skies is a dream that these animals will never see in their short and tortured lives. These animals are kept in large numbers inside buildings where some may never see the light of day. They are in some instances piled on top of each other and are crammed into small cages where their feet are crushed, wings can't open, can't move from side to side, or even lay down to rest. These animals live in complete squalor and are covered in their own bodily excretions and vomit. In order to keep them alive in these unsanitary and filthy conditions, factory farmers give the animals regular injections of antibiotics. In the United States each year, approximately 70% of all the antibiotics used are administered to farm animals.¹⁰ The massive amounts of antibiotics and pharmaceuticals being pumped into these animals are creating new strains of resistant bacteria. In study was released in February 2013, by the Environmental Working Group, they found antibiotic resistant "super bugs" on 81% of ground turkey and 55% of ground beef in America's supermarkets. These super bugs that have become resistant to antibiotics pose a massive threat to humans when they actually need to take antibiotics to treat illness or bacterial infection. The increased amounts of antibiotic resistant bacteria can be a big concern for pregnant woman, young children, and elderly adults that have a weakened or lower immune system.¹¹

If that is not enough, the next step of inhumane treatment to these animals is to spray them and the food that they eat with toxic pesticides. There is no limit to the amount of pesticides used for the food crops grown for animals. In addition to their food being

saturated with pesticides the animals themselves are sprayed with pesticides to keep parasites, fungi, and insects at bay. The pesticides, like the antibiotics, settle into the animals muscle and flesh. Now just for a moment imagine eating these poor animals; their flesh is saturated with antibiotics, growth hormones, and toxic pesticides.

How is our body meant to cope and create a life that is pure and clean when it is battling animal flesh filled with antibiotics, growth hormones, and toxic pesticides? For myself, it was a simple choice - avoid filling my plate with animal proteins and fill it with clean, green, vibrant, plant proteins.

Adding another layer for many to avoid eating meat is the emotional stress, high anxiety, and complete fear that is released into the animals before they are slaughtered. We all have experienced the 'flight or fright' release of adrenaline when we are in a heightened emotional state of fear or stress. Think of how you might feel... Racing heart, sweaty palms, rapid breathing, and an overall feeling of pumping stress. All of this is also experienced by an animal before it is killed. They release adrenaline, cortisol, and the stress hormones of epinephrine and norepinephrine. When these are released in the animal they circulate the body and settle into the muscle for some time after the animal has been killed. The affects of these stress hormones directly create a decomposition of the flesh and reduce the meat's quality and lowers the pH significantly. Eating the reduced 'quality' of animal flesh can introduce a variety of health problems and disease to the body.¹² I also think about the fear, pain, and stress that is emotionally absorbed into the meat. In addition to the breakdown of 'quality' to the meat, the flesh is filled with the most extremely terrified and tortured emotions that a living creature can experience on this physical earth. As those are the last release into the animal, they in turn are also consumed when eaten. I would choose to fill my plate with kindness and vibrant foods, rather than emotionally toxic and stress and anxiety laced foods.

There is so much information to share on the affects of eating meat and the body. I urge you to continue to read and educate yourself on what you are putting onto your plate. Please step past the marketing in your grocery store, on your television, on the internet, and even the pressures of family and friends. Arm yourself with knowledge and you have the power to improve yours and your baby's vitality and vibrance with the food choices that you make! It will also lead to a more compassionate and peaceful existence that carries you to a deeper level of internal health and wellness. I provide you with an abundance of foods in this guide that will fill any supposed 'void' you may temporarily feel in dropping the meat from your regular eating habits.

Ditch the Dairy

Just for a few minutes try and forget all the “Got Milk” ads and the “Milk Does a Body Good” ads and lets look at what is really inside cows milk.

There is no need for a pregnant woman to drink milk. There is no need for any adult human to drink cows milk. There is no other animal species on the planet that drinks milk from another animal into their adulthood. There is absolutely a need to drink milk at one stage in our life, and one stage only. That is the highly nutritious, perfectly designed by nature, mother’s milk that is created for breast feeding baby.

When a woman gives birth, she produces breast milk, and this is made specifically to nourish the baby with all the vitamins, minerals, and probiotics that beautiful bundle needs for growth and vitality. As our baby grows and their digestive systems develop, there comes a time when they are slowly weaned off of breast milk and solid (plant-based) foods are introduced. Once this happens and our little bundles are happily eating away at their solids our mother’s breast milk begins to dry up. This is the only time in our life when milk is healthy and essential.

Why ditch the dairy? Besides the fact that we would be the only species on the planet that thinks it’s necessary to drink another animal’s milk to gain vitamins - there are numerous scientific studies (not clever marketing campaigns by the dairy industry trying to saturate our shopping carts) that really shine a light on what affects dairy actually has on the body. We are led to believe that we need calcium and we need lots of it. We are led to believe that dairy is the best source of calcium.

Lets explore this further. Calcium is needed in the body to help promote healthy bones and to prevent osteoporosis and fracture.

In The Harvard Nurse's Health Study they followed over 72,000 woman for over 18 years to follow the effects of dairy in the diet. They found that milk had no protective affect on preventative fractures for the women's bones. Instead, it was shown that there was more fracture risk associated with the intake of dairy products.¹³ One of my favorite books that delves deep into diet and nutrition and has the most comprehensive range of scientific studies spanning over 20 years of research is, Dr. T. Colin Campbell's, The China Study. I urge you to add this to your reading list (in addition to all of the practical parenting and baby name books that might be on your night side dresser!) This might be the single most important book to educate you and your family on diet and nutrition. Dr. Campbell is a pioneer and absolute leader in the plant-based world and through decades of research has been able to show the affects of a western diet on the crumbling health and wellness of our western society. In the China Study, Dr. Campbell's studies show that dairy protein (along with other animal proteins) do not prevent osteoporotic bone loss, but instead eating the animal proteins leads to high acidity which leaches the bone minerals and in fact contributes to osteoporosis. There are many studies which show the correlation between high intake of dairy products and higher risk of fracture and osteoporosis. In turn, countries that have less dairy products have less incidence of bone fractures and osteoporosis.¹⁴ In addition to not only contributing to bone mineral density loss, dairy protein, was also researched in the role of it's contribution towards cancer. Dr. Campbell received funding to further this research for over 27 years from the National Institutes of Health, the American Cancer Society, and the American Institute for Cancer Research, and others. He was able to find that protein did have an effect on cancer. "What protein consistently and strongly promoted cancer? Casein, which makes up 87 percent of cow's milk protein, promoted all stages of the cancer progress." What type of protein did not promote cancer, even at high levels of intake? The safe proteins were from plants."¹⁵ Again, the milk protein, casein, contributes to the different stages of cancer. What is incredible

is that Dr. Campbell's studies showed that exposure to toxic chemicals initiated cancer growth. But after the introduction the cancer remained dormant and inactive in the body. Once dairy proteins, or casein, was introduced into the diet it triggered tumor development. "A pattern was beginning to emerge: nutrients from animal-based foods increased tumor development while nutrients from plant-based foods decreased tumor development."¹⁶

In 'The Enzyme Factor' Dr Hiromi Shinya explains the effect of drinking milk on the body's calcium levels. When you drink milk, your calcium levels in your blood suddenly rise above the usual 9-10mg. Although at first it looks like you've raised your calcium levels, the body responds by dumping calcium out through the urine from the kidneys to return the blood calcium levels to normal, producing the ironic result of depleting your overall levels of calcium in your body.¹⁷

There are also studies that have shown the correlation between dairy products and insulin dependent (type 1 or childhood onset) diabetes. In 2001, a study was completed in Finland of 3,000 infants with genetically increased risk for developing diabetes. It observed that with an early introduction of cow's milk to the infants increased their chances to type 1 diabetes.¹⁸ Another study by the American Academy of Pediatrics, showed up to a 30 percent reduction in the incidence of type 1 diabetes in infants who for their first three months of life, did not have any exposure to cow's milk protein.¹⁹

MORE TO REASONS TO DITCH THE DAIRY....

Ever wonder why up to 28 percent of infants suffer from colic in the first month of their life? It could well be the dairy that the breastfeeding mother is consuming. Colic is truly traumatic for little ones to suffer through in their first month of life. It can be identified by a baby's incessant and uncontrollable crying with the inability to soothe them for hours on end. It is a common

suggestion from Pediatricians for breastfeeding Moms to cut the dairy - especially cow's milk. Breastfeeding can cause colicky babies if the Mom is drinking cow's milk. The reason for this is that the cow's antibodies can cross through the mother's blood stream, into her breast milk, and then directly to baby.²⁰

What's in a glass of Milk?

- 135 million pus cells
- Blood
- Feces
- Up to 20 painkillers, antibiotics, & growth hormones
- Bacteria & Pathogens
- IGF-1 bovine growth hormone, which contributes to increased diabetes risk, hormonal imbalance, immune system damage, early puberty, and cancer.
- Acidic protein which leeches minerals & calcium from the bones
- Toxic milk protein 'casein' which contributes to Breast Cancer, Prostate Cancer, Kidney Disease, Arthritis, MS, Crohn's, Irritable Bowel, and Asthma - just to name a few....



Cow's milk is also a major cause of allergies in babies and children. In addition to containing the colic-inducing proteins, cow's milk also has proteins that are difficult for babies to digest and are linked to poor immune responses.²¹

I was in shock and in total disgust when I found out what was really in a glass of milk -lots of nasties, like toxic chemicals,

antibiotics, pus, blood, feces, and growth hormones. If the contents of dairy and the affects that it can have on our long term health and the health of pure and pristine babies doesn't shock you - also consider the treatment of dairy cows and what they are put through and injected with to create that glass of frothy white. I choose non-dairy milk alternatives like almond milk, coconut milk, soy milk, brazil nut milk, or brown rice milk. For myself, I couldn't even think of pouring a glass of milk and how it had affected the animal's life that had created it, let alone what 'invisible' toxins were lurking to infiltrate my body, my health, and my baby's health. I ditched the dairy and opted for another slogan "Got Greens?."



Ditch the Fish

Fish are filled with all the nasties and toxic chemicals that other animal proteins have. Our oceans are filled and dumped with toxic, radioactive, industrial pollutants. They have become a vast sewage dump for damaging pollutants. There have been many studies that have shown that eating fish actually has more of a negative impact on pregnant mother and babies. Eating fish prolongs gestation, increases birth weight, and this can lead to an increase in birth trauma as well as cesarean section births.²²

What is in Fish?

- Methylmercury
- Industrial Toxins
- Dioxins (carcinogenic substances)
- Arsenic
- DDTs
- PCBs (synthetic chemicals)

Linked to

- Cancer
- Infertility
- Developmental delay in fetus
- Physical disability
- Early puberty
- Increased anxiety
- Depression



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We are often told to ramp up on our omega-3 fatty acid and DHA during pregnancy (and for general health) and many turn to our the sea and it's fish for this. There are far better sources of plant-based omega-3 and omega-6 fatty acids and DHA that are not laden with mercury and a variety of toxins. Nearly all fish contain some form of mercury compound and how can this affect us? Mercury poisoning can affect motor dysfunction, memory loss, learning disabilities, and create depressive behavior. Even small amounts of mercury can affect a growing baby during pregnancy.²³

Where do fish get their nutrients? They are filled with all the goodness of sea plants that contain phytonutrients! Why not go straight to the source? Organic sea vegetables are power houses for all essential vitamins and minerals found in the ocean, including vitamins A, B1, B2, B3, B6, B12, C, and E. As well as minerals like iodine, iron, calcium, potassium, magnesium, chromium, and zinc. I chose to skip the fish (the smell of it alone can set most pregnant mums off and running for the nearest toilet!) and dose up on my organic sea vegetables for a nutrient-dense source that is pure and clean.

Ditch the Eggs

Eggs are a super-rich loaded food. They are loaded with protein, cholesterol, fat, bacteria, and sulfur containing amino acids.

Remember the dish on protein earlier and what damage that excessive amounts of animal protein can cause to the human body? A whole egg is 32% protein and the white of an egg is essentially 100% protein. Infants, growing children, and adults need, at most, 5% of their calories from protein. Eggs are super concentrated in animal protein loads and have at least 6 to 20 times more protein than we need. Just a reminder, too much animal-derived protein is harmful to the body as it puts a lot of strain on our liver and kidneys. By contrast, vegetable protein is easy to assimilate in the body and does not overload the body's organs.

Eggs are 'cholesterol grenades' and are the largest source of cholesterol in the American diet. Why is cholesterol overload so disastrous for the human body? Cholesterol creates inflammation and oxidative affects in the body which can damage the lining of our arteries and also have massive affects on our cardiovascular health. A study by the Stroke Prevention & Atherosclerosis Research Centre, stated that quitting egg yolk intake after a stroke or myocardial infraction would be like quitting smoking after a diagnosis of lung cancer. Why not just avoid the little cholesterol grenades altogether?²⁴

Eggs are a main contributor to human exposure to dioxin and other environmental chemicals that are known to cause birth defects, neurologic damage, and cancer.²⁵

Want to increase your life span? Well a Harvard Physicians Health study followed 20,000 doctors over 20 years. What did

they find? The doctors who consumed at least one egg a day had a significantly higher all cause mortality risk. So basically ditching the eggs puts you way ahead the rest of the gang for an increased life span. Pass me the scrambled tofu instead of the scrambled egg please!²⁶

Ever hear of salmonella poisoning? It is the leading cause of food-borne illness related death in the United States. Salmonella Enteritidis (SE) is a life-threatening bacteria that contaminates many eggs.²⁷ The bacteria can grow inside an infected egg and cause symptoms of:

- ❖ diarrhea
- ❖ fever
- ❖ abdominal cramps
- ❖ headache
- ❖ nausea
- ❖ vomiting

In fact in pregnancy we are advised to avoid eating raw eggs due to salmonella poisoning. In some cases it can lead to a miscarriage.²⁸

Chickens and baby chicks suffer horrific and unimaginable torture and living conditions in factory farming. Words can't express the sadness and complete compassion that I have for these animals as to what they have to endure to produce eggs for our plate. Just to take a few steps into their world...

Chickens are arguably the most abused animals on the planet. In the United States, approximately 9 billion chickens are killed for their flesh each year, and 305 million hens are used for their eggs. The vast majority of these animals spend their lives in total confinement—from the moment they hatch until the day they

are killed. Egg-laying hens are kept in cages so incredibly small, that they can't even open their wings. Their feet are mangled and broken from the cage flooring. They can be housed on top of each other and are kept in such tight conditions that they begin to peck each other to death. They have their beaks cut off as they will start to peck each other in the close confinement.²⁹

Over two hundred million baby male chicks are killed every year in the United States alone. They are thrown in garbage bags and left to die, they are thrown into dumpsters, and put into meat grinders. They are simply too expensive to allow to grow and provide 'shelter' for. They do not produce eggs like female chickens and therefore are nowhere near the profit of keeping.³⁰

Armed with the knowledge of what negative impacts on my health and wellbeing meat, dairy, fish, and eggs certainly have, but also with the inhumane treatment of our animal brothers and sisters, I choose to live consciously and make a difference by creating change on my plate. I choose to live compassionately and vibrantly with plant-based foods that are the Universe's perfect fuel for our bodies and growing littles. I hope that you make a change as well! x

Plant-based Goodness for Mum & Bub

Foodie Mantra: I am nourishing myself and baby. I am radiating health to myself and baby.

Are you excited to ditch the nasties and begin to nourish your body and baby with vibrant, nutrient-dense, powerhouse foods that are filled with life and vitality?

Why choose Plant-Based Foods?

*I am nourishing myself
and my baby.*

*I am radiating health to
myself and my baby.*



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Why a Plant-Based Diet?

- Disease reversal & prevention
- Reverses heart disease, cancer, diabetes, obesity, acne, autoimmune disease, inflammation, & digestive disorders
- Reduces exposure to toxic chemicals, antibiotics, & industrial pollutants found in animal proteins
- Lowers cholesterol, blood pressure, & maintains a healthy body weight
- Low-fat plant-based diet lowers heart attack rate by 85% & lowers the cancer rate by 60%
- Increases your life span by 20%
- Nourishes the body with antioxidants, phytonutrients, vitamins, minerals, enzymes, & vibrant energy
- Brings compassion to the plate, reduces factory farming, & helps the environment

www.paddisonprogram.com

Plant-Based foods nourish the body and create a state of optimal health and wellness. They prime the body to live to its full potential and to enjoy life with vibrance and vitality. When we eat plant-based foods I believe that we are giving ourselves and our growing baby the best chance in preventing disease and providing complete nourishment.

Why are organic plant-based foods so incredible? They skip all the nasties and give all the goodies. Animal products like meat, fish, dairy, and eggs are filled with high levels of toxins and chemical contamination. The far reaching affects that ingesting these animal foods laced with toxic waste exposure can have is fertility problems, miscarriage, and birth defects. This is because the animal flesh absorbs and attracts high levels of pollution into its fatty tissue and concentrates the toxins. This process is known as “bioaccumulation.” Choosing clean, green, nutrient-dense, organic, plant-based foods provides the body and baby with the ultimate nutrition and reduces all of the toxic intake that is so detrimental to our growing little ones. A great short video by Dr. Michael Gregor to watch on toxic waste exposure is [Avoiding Other Banned Pesticides](#).^{31,32,33}

I chose to thrive and radiate with health during pregnancy. You can too!

Making these changes can seem overwhelming and daunting, especially with the most important job on hand of nurturing and growing your beautiful baby. If you are unable to cut out the nasties immediately, start slow. Make small changes and reductions in your meat, fish, eggs, dairy, sugar, and caffeine intake. The sooner that you are able to leave those items in the dust the sooner that you and baby will be nourished for optimal health.

Just to give you a bit of assurance there have been many studies that have advocated and shown that a plant-based diet is optimal for pregnant mamas and growing babies. The American Dietetic Association states, “Well-planned vegan and other types of

vegetarian diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence.” Personally I see no other way forward for the best health and nutrition for ourselves and growing littles but a pure, clean, and high vibe plant-based diet.³⁴



Other leaders in the health such as The American Academy of Pediatrics, the National Academy of Sciences, and the American Medical Association have all advocated plant-based pregnancies.³⁵

The New England Journal of Medicine says that vegan moms have dramatically lower levels of toxic chemicals in their breast milk compared with other lactating moms. It showed that even the highest level of vegan moms was still lower than the lowest level of the meat-eating moms. With results of the breast milk of vegan moms having levels of contamination only 1 to 2 percent as great as the others, I know that I am doing a jig of joy at how my body is storing and preparing nutrition for my growing little.³⁶

You might be thinking, “Well awesome, I am on the plant-based train, but what do I eat besides salad?” Being vegetarian my entire life and for many years totally plant-based I have had that question countless times. Now, I greet the question graciously and like to simply educate others that might not be aware of the countless food choices we can pop on our plate. Fill your plate with fruits, veggies, nuts, seeds, beans, lentils, peas, whole grains, tofu, sea vegetables, and pastas. The Universe has a vast array of plant-based foods for our taste buds to enjoy and our bodies to thrive on.

The Three S's

SALAD + SEEDS + SAUERKRAUT

This little trifecta has a lot of power in bringing high vibe and nutrient dense foods to the body.

S IS FOR SALAD

Try to include at least one salad per day into your diet.

There are countless combinations of fantastic salads to whip up and have on hand. Variety. Variety. Variety. Get creative with your greens and load on the toppings for creating a powerful lunch or a side salad at dinner. I like to think of creating a 'rainbow' and having as many color combinations as possible with my salads. The more color, the more vitamins and nutrients I am packing in. We all are familiar with salads and know that of course they are good for us - they are in fact *green!*

S IS FOR SEEDS

A great way to boost our salads and up the goodness is to add in a variety of seeds. Seeds are little nuggets of gold that can truly add so much nutrition to our meals. I like to add a variety of seeds to my salads and keep them on hand ready to go. A great option is to pre mix seeds in a few air tight containers to have on hand in the fridge. Quick. Fast. Simple. One of my go to's is pumpkin seeds, sunflower seeds, and chia seeds. These bad boys are loaded with protein, iron, calcium, anti inflammatory properties, and are simply some of the best superfoods in the world. Not to mention that they help give sustainable energy throughout the day (something that Mama's definitely need during pregnancy).

Not only are they great to add to salads, but seeds can be added to oatmeal, porridge, smoothies, rice dishes, and baked goods.

S IS FOR SAUERKRAUT

Sauerkraut is fermented cabbage. You might be wrinkling your nose, but this superfood is loaded with probiotics and enzymes for gut health and maintenance. It helps to boost the immune system, aids the digestive process, and is packed with fiber, iron, calcium, and antioxidants. To lock in the superfood benefits of sauerkraut I only buy organic and with probiotic culture to nourish the digestive process and arm the body with tons of friendly bacteria. It is so quick and super simple to pop a spoonful or two on top of my salad or on the side of a veggie burger. My go to for amazing sauerkraut is Peace, Love & Vegetables Green Superkraut and Dill Superkraut.

BEANS BEANS THE MUSICAL FRUIT & LENTILS

My Grandpa Coon was vegetarian and led by example. He felt at home in health food stores and was an incredibly wise Soul. He also taught me the special bean jingle of:

“Beans beans the musical fruit,
The more you eat the more you toot.
The more you toot the better you feel,
So eat more beans with every meal.”

This song stayed with me for my entire childhood and into adult life. We actually sing it to our toddler as she is eating her favorite beans with lunch or dinner. It is a reminder of what we can fuel our body with for energy and protein as a main meal winner. We eat tons and tons of beans and legumes in our family and they are powerhouses of health for tons of family meals. They also will

provide amazing nourishment for pregnancy and our growing babies. Beans and lentils aid in digestion, are packed with gentle plant protein, lower cholesterol, reduce heart disease, filled with fiber, high in iron and B vitamins, and simply taste delicious! For thousands of years beans have been a basic staple in many societies for complete nutrition (and for assisting these cultures with amazing health!).

There are so so so many options to enjoy when introducing beans and legumes to your diet. My personal fav are black and pinto beans to use in Mexican dishes or to create bean dips. Kidney beans can be used for bean salads and veggie chili dishes. Cannelli beans can be added to spinach and pasta or create creamy sauces. Chickpeas are amazing in curries, salads, dips, and veggie burgers. Red lentils and yellow lentils serve as humble warriors of health in countless curries and dahls. Green and brown lentils are amazing in soup, salads, or veggie burgers.

Another win for beans is that you can cook them in bulk and freeze them for future meals. You can buy beans canned or dried in large quantities. They are super cheap and can seriously feed an army! I like to buy my beans in bulk and cook them myself to get the most out of their nutrition and health benefits.

Tips for cooking dried beans:

Follow these simple 4 steps.

1. Clean
2. Rinse
3. Soak
4. Cook

Clean beans by pouring the contents into a large soup pot and picking through any discolored or broken beans and any stones that might be in the mix of dried beans.

Rinse beans by simply running water over the beans and wash thoroughly.

Soak your beans! This is a super important step that allows the beans to ‘break’ down and reduce the gas reducing components of beans. This aids the digestive process and shortens the cooking time. I normally clean, rinse, and then soak my beans overnight. Giving my beans about 8 hours to soak. This enables me to wake up and get ready for any recipe that I plan to make for the day. Follow guidelines for soaking times for the type of beans that you are making.

Cook your beans. Give them another rinse after soaking overnight. Simply cook your beans at a gentle boil. Cooking times will vary depending on what type of bean or legume you are cooking. Simply stir and check the beans until they are tender. I like to add an onion or fresh herbs towards the end of their cooking time to boost flavor.

Beans and legumes are a great way to pack some nutrition into your pregnancy. A quick and simple way to immediately get these little powerhouses into your daily regimen is to enjoy some hummus (made from chickpeas) or make a black bean dip to have with veggie sticks and rice crackers. Yummy, I promise you will not turn back!

Cheers to beans, beans the musical fruit!

How to make the switch? It’s time to start!

Not sure where to start with swapping some of the “classics” to a plant-based diet and simply more healthy options?

Glowing and Showing

switch THIS for THAT

switch DAIRY MILK

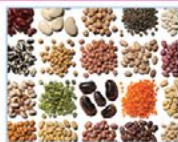
for NUT MILK



Milk is filled with nasties. Opt for nut milk to have clean, easy to digest, and loaded calcium goodness.

switch MEAT

for TOFU, BEANS, LENTILS



Meat is filled with nasties. Opt for tofu, beans, and lentils for powerhouse nutrition.

switch CHEESE

for NUT CHEESE



Avoid dairy intolerance and the nasties included in acidic cheeses. Opt for nut cheese for easy to digest, loads of vitamins and minerals, and the same creamy yumminess.

switch YOGURT

for COCONUT YOGURT



Go for the gold and opt for coconut yogurt. It is easy to digest, healthy for your heart, and boosts your immune system, all whilst mouthwateringly delicious.

switch CHOCOLATE

for RAW CACAO



Raw cacao is a super food that is filled with fiber to stimulate digestion, packed with magnesium to boost energy levels, balances hormones, and filled with antioxidants and anti-inflammatory goodness.

switch SCRAMBLED EGGS

for SCRAMBLED TOFU



Leave the cholesterol bombs and opt for tofu which is loaded with iron, calcium, and protein.

switch WHITE RICE

for BROWN RICE



White rice is processed and stripped away of vitamins and nutrients. Opt for brown rice to load up on fiber, magnesium, selenium, anti-oxidants, and to aid digestion.

switch WHITE PASTA

for ONE OF THESE

BROWN RICE PASTA, QUINOA PASTA, WHOLEGRAIN PASTA, OR BLACK BEAN PASTA



These are loaded with nutrients and optimal for absorption.

switch WHITE BREAD

for WHOLEGRAIN BREAD



White bread has all of it's goodness stripped away. Nourish yourself with oat, rye, spelt, and kamut.

switch OILS

for COCONUT OIL



Coconut oil is a superfood that has high heat tolerance, so it doesn't turn rancid when cooking. Loaded with health benefits, get on the coconut oil train!

switch WHITE SUGAR

for NATURAL SWEETENERS



Super easy and sweet switch. Opt for raw honey, coconut, or maple syrup.

switch COFFEE

for ROOIBOS OR DANDELION TEA



Go for caffeine free and gain all massive benefits from Rooibos tea. It aids digestion, is loaded with vitamins and minerals, filled with antioxidants, anti-inflammatory, reduces risk of cancer, and boosts the immune system

switch SODA

for COCONUT WATER



Coconut water is my go to for an alkaline drink with ultimate hydration, electrolytes, potassium, magnesium, and antioxidants.

switch BUTTER

for VEGAN BUTTER



Earth Balance is a great option.

Creating Your Plant-based Menu



Getting creative in the kitchen can be a challenge to start with, and then add being pregnant! Believe me, I understand that sometimes we just want to eat the first thing in sight as we feel hunger mounting.... Being prepared and having a stocked fridge and pantry means that we can cut out

meals and snacks that are not nutritionally sound. I encourage you to think vibrant, colorful, nutritionally dense foods when planning meals. Be patient with yourself when it comes to planning meals and take the time to think through what you will need throughout the week. A great tip is to make grocery shopping lists for meals - I lived by this! A great tool is using my Weekly Meal Planner and Shopping List to fill in and print to have on hand. These can pop onto the fridge and go with you to the grocery store, so that you remember all those yummy goodies needed for meals.

I was always mindful to switch up the foods that I was eating on a regular basis to ensure that I was getting a nice variety of different vitamins and minerals. Basically, I tried not to get in the pattern of eating the same thing day after day (this can be hard if we are having cravings!). If this happens, don't worry! It's best to eat a healthy dish even if it repeats a few times, rather than force yourself to try something different.

My best bet was to have my favorite recipes planned in advance. I liked to take one day a week (normally Sunday) to pick what recipes I would like to make and then do a big shop to have ingredients on hand. I would keep my refrigerator and pantry stocked with the basic staples of the recipes that I wanted to make. Then it was simple, I just needed to pick up the fresh fruits and vegetables that I would need a few times during the week to make my juices, smoothies, salads, and odds and ends for meals.

When it comes to grocery shopping and picking a range of produce to provide us with the vitamins and nutrients needed, it is best to buy organic when possible. Organic fruit and veg have higher levels of vitamins, minerals, and anti oxidants. All are essential for Mum and Bub. Research and statistical data has shown that there are substantial differences in vitamin and nutrient content between conventional and organic produce. The heavy hitters include vitamin C, iron, magnesium, and phosphorus. There is a staggering 27% higher amount of vitamin

C in organically grown crops when compared to conventional crops. Chemical fertilizers affect soil fertility, which in turn affects the plant fertility and nutritional value. Organic produce has been found to have less toxic heavy metals and is grown in healthy soil that has more microorganisms than chemically fertilized soil for conventional crops. The microorganisms found in organic crops help the plant to absorb higher levels of minerals, which means more nourishment for Mum and Bub.³⁷

Buying organic is expensive and sometimes seems way over the top; especially when we have lists a mile long of items that Baby will need. It is easy to cut corners and a lot of times our grocery shopping can take a hit. This is a crucial time in our life where it is most important to fuel ourselves and our growing little one with foods that will enable us and them to thrive. I always reminded myself that I was fueling not only myself but creating and nourishing my growing little one. We are what we eat and whatever we put in our mouth directly affects our growing baby and can cross through the placenta. Do we want to fill our body with hopped up produce that will only transfer toxic pesticides to our growing Baby? Washing and peeling our produce does not make the toxins go away. There have been many studies that show the affects of pesticides in children including, a study from the University of Washington in Seattle, that found preschoolers who ate a conventional diet had six times the level of pesticides in their diets compared to preschoolers who ate organic foods. Also, in 2003 a report was released from the Centers of Disease Control & Prevention, that it was detected that children had twice the level of pesticides in their urine as in that of adults.³⁸

When it is time to start grocery shopping do your homework. Scout out different grocery stores and see which ones offer organic fruit and veg and compare prices. I quite often visit 4 different stores or fresh food markets on the weekend to be able to save and scoop up some organic goodie deals. I know that this might be super difficult for some Mamas, as you might have full time work and other littles to mind, but I promise over time you will

have your own list of places to grab your greens. Another option to consider, especially if funds are tight, is to try your best and incorporate what organic items that you can into your diet. A great guide to go by is the Dirty Dozen and Clean Fifteen List that is released each year. This list is compiled annually to help pin point which fruits and veggies are most impacted by pesticides and toxic chemicals. Keep updated and have this list on hand to know which fruits and veggies are hit the hardest and which fruits and veggies are the cleanest.³⁹

THE DIRTY DOZEN FOR 2015

These fruits and veg are hit with the highest loads of pesticides and chemicals.

1. Apples
2. Peaches
3. Nectarines
4. Strawberries
5. Grapes
6. Celery
7. Spinach
8. Sweet bell peppers
9. Cucumbers
10. Cherry tomatoes
11. Snap peas (imported)
12. Potatoes

THE CLEAN FIFTEEN FOR 2015

These fruits and veg are the cleanest to eat with the least amounts of pesticides.

1. Avocados
2. Sweet corn
3. Pineapples
4. Cabbage
5. Sweet peas (frozen)
6. Onions
7. Asparagus
8. Mangos
9. Papayas
10. Kiwi
11. Eggplant
12. Grapefruit
13. Cantaloupe
14. Cauliflower
15. Sweet potatoes

After tackling our grocery cart and how we stock our refrigerator, we come back to our plate and remember that what it is filled with directly will impact ourselves and baby. A great goal is to try and have our plate provide us with the best sources of vitamins, minerals, and nutrients. Think of a rainbow on your plate!

To help inspire your weekly menu plan as a Glowing and Showing Mama, I have a two week sample menu of meals that I had during pregnancy. These meals fulfilled all that my growing babies and

I needed. I hope you are inspired with some of my plant-based meals and snacks and that you are able to find some that work for you, your taste buds, and most importantly provide baby with healthy nutrition!



Two Week Sample Plant-based Menu

WEEK 1

SUNDAY

Breakfast: Loaded oatmeal bowl with rhubarb compote and sprinkle of flax seeds. Fresh squeezed orange juice.

Snack: Fruit salad with a handful of walnuts.

Lunch: Veggie Sandwich filled with your favorite veggies, avocado, sprouts and hummus on whole grain bread. Green juice.

Snack: Create Your Own Loaded Trail Mix - I like to use tamari almonds, walnuts, brazil nuts, cashews, macadamia nuts, raisins, sunflower seeds, and cacao nibs.

Dinner: Thai Green Veggie Curry. Load up on the fresh veggies! I use bok choy, red cabbage, green cabbage, carrots, green pepper, red pepper, onion, fresh herbs. Toss in tofu as well.

MONDAY

Breakfast: Everything Bagel with Tofutti cream cheese.

Snack: Green smoothie (check out my recipes!)

Lunch: Blended pumpkin soup with red lentils. Green salad with pumpkin seeds and chick peas on top.

Snack: Watermelon and cantaloupe

Dinner: Bean Burrito Stack - made with mashed pinto beans, brown rice, red pepper, olives, onions, and fresh tomato burrito sauce. Side of guacamole with corn chips. Green salad loaded with colorful veggies including red pepper, green cabbage, red cabbage, carrots, and topped with chia seeds.

TUESDAY

Breakfast: Loaded oatmeal bowl of macadamia nuts, banana, shredded coconut, and raw honey. Fresh juice.

Snack: Fruit salad with a handful of pistachios

Lunch: Scrambled tofu filled with spinach and veggies. Side of organic whole wheat toast.

Snack: Create Your Own Loaded Trail Mix - I like to use tamari almonds, walnuts, brazil nuts, cashews, macadamia nuts, raisins, sunflower seeds, and cacao nibs

Dinner: Chickpea & Cauliflower Curry with brown rice. Loaded up with carrots, tomatoes, zucchini, onion, bok choy, and coconut milk. Side green salad topped with sunflower seeds and pumpkin seeds.

WEDNESDAY

Breakfast: Organic whole grain sourdough toast with smashed avocado and lemon. Side of baked tomatoes and sauted spinach. Fresh juice.

Snack: Watermelon & cantaloupe

Lunch: Quinoa & Veggie soup. Side of whole wheat toast. Steamed broccoli.

Snack: Create Your Own Loaded Trail Mix - I like to use tamari almonds, walnuts, brazil nuts, cashews, macadamia nuts, raisins, sunflower seeds, and cacao nibs

Dinner: Creamy vegan lasagna with tofu ricotta, spinach, and olives. Loaded green salad topped with sesame, pumpkin, and chia seeds.

THURSDAY

Breakfast: Loaded oatmeal bowl with rhubarb compote and sprinkle of flax seeds. Fresh squeezed orange juice

Snack: Blueberry & Cacao Wholemeal Muffin

Lunch: Be Nourished Bowl - yummo - my favorite combo of brown rice, sauted kale, sauted carrots, sauted oyster mushrooms, sauted tomato, and topped with a tahini dressing.

Snack: Organic whole grain sourdough toast with peanut butter and raw honey

Dinner: Moong Dahl with spinach. Roti bread and side green salad.

FRIDAY

Breakfast: Muesli mix with coconut yogurt and fresh berries. Fresh squeezed orange juice.

Snack: Green smoothie (check out some of my recipes!)

Lunch: Potato & Leek Soup. Side of whole grain toast. Steamed greens.

Snack: Black bean dip, guacamole, and pita chips.

Dinner: Vegan Mac N Cheese made with easy cashew cheese. Fill it up with broccoli or spinach. Side green salad topped with pumpkin and sunflower seeds.

SATURDAY

Breakfast: Big Veggie Brekky of organic whole grain sour dough toast, avocado, baked tomatoes, sauted mushrooms, sauted spinach, & potatoes.

Snack: Blueberry & Cacao Wholemeal Muffin. Green Juice with celery, cucumber, green apple, and ginger.

Lunch: Black Bean Quinoa Salad served in half of Papaya

Snack: Veggie sticks of cucumber, carrot, celery, and peppers. Rice crackers. Dipped in hummus.

Dinner: Potato Pesto Gnocchi and side green salad.

WEEK 2

SUNDAY

Breakfast: Buckwheat pancakes loaded with bananas, blueberries, and walnuts. Freshly squeezed orange juice.

Snack: Green Smoothie (check out some of my recipes!)

Lunch: Veggie BLT. Side of hummus with pita chips and veggie sticks.

Snack: Watermelon and cantaloupe

Dinner: Chickpea & Veggie Coconut curry with brown rice. Loaded green salad with sesame, pumpkin, and chia seeds.

MONDAY

Breakfast: Organic whole grain sourdough toast with smashed avocado and lemon. Side of baked tomatoes and sauted spinach.

Snack: Green smoothie (check out some of my recipes!)

Lunch: Chickpea & Veggie Coconut curry with brown rice. Loaded green salad with sesame, pumpkin, and chia seeds.

Snack: Fresh salsa and corn chips

Dinner: Moong Dahl with spinach. Roti bread and side green salad topped with pumpkin seeds and chia seeds.

TUESDAY

Breakfast: Loaded oatmeal bowl of macadamia nuts, banana, shredded coconut, and raw honey. Freshly squeezed green juice.

Snack: Bliss Balls (raw delight loaded with almonds, dates, sunflower seeds, shredded coconut, cocoa, & hints of spice)

Lunch: Black Bean Quinoa Salad served in half of Papaya

Snack: Veggie sticks of cucumber, carrot, celery, and peppers. Rice crackers. Dip in hummus.

Dinner: Vegan Mac 'N' Cheese. Side of broccoli.

WEDNESDAY

Breakfast: Muesli mix with coconut yogurt and fresh berries. Fresh juice.

Snack: Banana, Mango, & Coconut Spelt Muffin

Lunch: Vegan Mac 'N' Cheese. Side of broccoli.

Snack: Black bean dip, guacamole, and pita chips.

Dinner: Veggie chili loaded kidney beans and veggies. Scooped on top of baked potatoes. Side green salad topped with sesame, pumpkin, and sunflower seeds.

THURSDAY

Breakfast: Loaded oatmeal with blueberries, flax seeds, shredded coconut, dates, and coconut milk

Snack: Mango, Pear & Kale Smoothie

Lunch: Corn Fritters topped with fresh salsa, and side of baked mushrooms and avocado

Snack: Miso soup with dulse seaweed and edamame

Dinner: French Lentils with Spinach & Mushrooms, served with brown or basmati rice. Side green salad with sunflower, pumpkin, and chia seeds.

FRIDAY

Breakfast: Organic whole grain sourdough toast with macadamia nut butter, banana slices, and drizzle of raw honey. Fresh squeezed orange juice.

Snack: Watermelon and cantaloupe

Lunch: Veggie chili loaded with kidney beans and veggies. Served over a scoop of brown rice.

Snack: Fresh salsa and corn chips

Dinner: Potato Pesto Gnocchi and side green salad.

SATURDAY

Breakfast: Big Veggie Brekky of organic wholegrain sourdough toast, avocado, baked tomatoes, sauted mushrooms, sauted spinach, & potatoes

Snack: Banana, Cinnamon, & Coconut Spelt Muffin

Lunch: Pineapple Stir Fry loaded with veggies, pineapple, tofu, and brown rice.

Snack: Green smoothie

Dinner: Bean Burrito Stack with side green salad

P.S. A lot of these meals are in my Optimal Health Recipe Book and in the Recipes to Nourish and Thrive section of this book! Check them out Mama for some inspiration in the kitchen! x

P.P.S. I also like to make big batches of the main meals as we normally eat them together as a plant-based family it allows me to

also have leftovers to have for multiple meals. Nothing beats quick meals in the refrigerator to simply reheat on your stovetop when you are a hungry Glowing and Showing Mama! x

P.P.P.S. Created just for Glowing and Showing Mamas is our Weekly Meal Planner and Shopping List. These are great tools to planning ahead, staying on top of meal prep, and having all of our foods needed on hand. Enjoy! x

Tip: A great resource for after baby is born is a grocery home delivery service. We have a lot on our plate as Mamas and organizing a home delivery service is worth its weight in gold after the arrival of a new baby. Check in your local area what grocery stores offer home delivery and create your list of groceries online for delivery. There are also many specialty organic delivery options available to try out. These are AMAZING for offering all the plant-based organic goodies. For example in Sydney, we have Doorstep Organic Food Delivery and Lettuce Deliver Organics.

Tip: Think that grocery home delivery service is expensive? Instead of a baby gift from a family member, friend, or work, ask for a gift certificate to your choice of organic food home delivery service. Once you are in full swing motherhood mode you will be super happy that you have this service set up and one less thing on your to do list. (Even if this treat is set up for just a few weeks!)



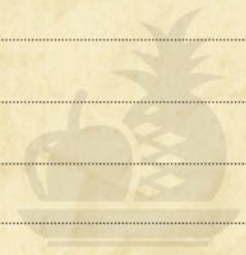




Weekly Meal Planner

Glowing and Showing Weekly Menu Plan

Week beginning

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST | | | | | | | |
| SNACK | | | | | | | |
| LUNCH | | | | | | | |
| SNACK | | | | | | | |
| DINNER | | | | | | | |

Shopping List

| <h2>Shopping List</h2> | <p>Buy, Prepare, & Eat with Love and Nourishment for Yourself & Baby</p> |
|--|--|
| <p>GREENS & VEGETABLES</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> | <p>GRAINS & PASTA</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> |
| <p>FRUITS</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> | <p>NUTS & SEEDS</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> |
| <p>LEGUMES & BEANS</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> | <p>CONDIMENTS & HERBS</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> |
| | <p>HOME</p>  <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> |

Vitamins and Supplements

1. There is a lot of information out there and conflicting opinions about what vitamins and supplements are needed during pregnancy. I would highly recommend talking with your doctor or midwife and asking any questions that you have about taking vitamins and supplements during your pregnancy.
2. It is always best to get our nourishment from the source, from fresh, organic fruits and vegetables, whole grains, legumes, nuts, and seeds. They are loaded with all the essential vitamins and minerals that we need and are jam packed with so much more to offer than taking a handful of pills a few times a day. Nature is incredible and we should take advantage of all the goodness that is waiting for us in these high vibe foods.
3. If we wish to go beyond just foods, there are many vitamins, minerals, and supplements that we can consider taking. Again, there are many many opinions and suggestions as to what the right recommendation is for pregnant women. I would suggest speaking with your Doctor or Midwife directly with any questions. For myself, I chose to fill my plate with as much plant-based goodness as possible. Then I took further steps to ensure that I was nourishing myself and baby with extra nourishment boosts. When following a plant-based diet some additional vitamins, minerals, and supplements to consider are the following:

VITAMIN B-12

Vitamin B12 is an essential vitamin for DNA synthesis and the metabolism of all cells in the body. It is primarily found in the flesh and tissues of animal sources. The reason for this is, bacteria is the creator of vitamin B12. Animals get their sources of vitamin B12 by eating a food that is contaminated with B12. Doesn't sound too good to me! Thus, the animal then becomes the source of B12. Plants do not create their own B12 unless they are contaminated by microorganisms or have B12 added to them.⁴⁰ One area that is lacking in a plant-based diet is a large amount of B12. This is essential for pregnant and breast feeding mommies. If there is a deficiency in B12 babies can be born with anemia, developmental delays, impaired growth, and poor brain development.⁴¹

A deficiency in B12 can lead to megaloblastic anemia, inhibition of cell division, and neural disorders.⁴² In reality, there is only a less than a one in a million chance of a healthy and strict vegetarian developing a disease from a deficiency in B12.⁴³

Rather than contemplate or worry if I was getting all that I needed for myself and growing baby, I opted to take a vitamin B12 supplement. A great brand is **Garden of Life B complex or B12**. There is also trace amounts of B12 naturally in seaweed and miso paste, so definitely try and pack some yummy veggie sushi and a mega miso soup into your diet. You can also keep your eyes out for any vitamin B12 fortified foods. Some B12 fortified foods are vitamin B12 fortified soy milk, vitamin B12 fortified meat substitutes (i.e. food made by soy beans), and vitamin B12 fortified nutritional bars. Another great way to pump some B12 into your diet is with fortified nutritional yeast. A great option is to try **Braggs Premium Nutritional Yeast Seasoning**. Nutritional yeast looks like small yellow flakes and is used to give a 'cheesy' taste to dishes. There are so many ways to use add it into your foods such as sprinkle it over vegetables, in salad dressings, casseroles, pasta dishes, rice, soup, and dips. My all time favorite is to add it a brunch of scrambled tofu or make a vegan mac 'n' cheese. (Both recipes are in the recipe book, yummo!).

VITAMIN D

We need a healthy dose of vitamin D to build and create healthy bones. Vitamin D is essential to maintain levels of calcium and phosphorus which are needed in creating our little one's teeth and bones. A vitamin D deficiency can affect bone development and immune function from birth to adulthood. Also it has been linked to a higher risk of pregnancy complications, like preeclampsia.⁴⁴

One of the all time best ways to absorb some vitamin D is to simply sun it up. The sun is an incredible natural source of vitamin D and is always my normal go to option. What better way to soak up some nutrition than to step into nourishing sunshine. Normally about 5 to 10 minutes on our arms and legs without sunscreen is a great way to not only absorb some vitamin D but to also energize and enliven us! One thing to keep in mind whilst pregnant, is that our skin is very sensitive and has an increased chance of pigmentation. With this in mind, I chose to protect my skin and belly as much as possible with sunscreen and spend a little bit of healthy time in the sun. One of my favorite times during pregnancy was spending a few months in Florida and Hawaii visiting family and later on a Baby Family Moon. I felt totally vibrant and alive with all the healthy exposure to the sun. It is a natural and easy way to absorb vital energy and vitamin D. Another option to incorporate some vitamin D into your diet is mushrooms, fortified cereal, and fortified tofu or soy milk.

Tip: Just to ensure that I was keeping my vitamin D levels up, I took a liquid Vitamin D supplement. This is a great option if you live in a colder climate and do not have a lot of sun exposure.

PRENATAL VITAMINS

In addition to leafy greens, fresh fruit, whole grains, legumes, sweet potatoes, potatoes, brown rice, beans, lightly steamed veggies, raw veggies, nuts and seeds - I also took a raw prenatal

vitamin. Today there are so many brands and choices that we can make when it comes to what prenatal vitamin we might take. Take the time as a Mommy to eat right and also to look for what is best for you and bub.

I took **Garden of Life Raw Prenatal Vitamins**. They are fabulous for pre conception, pregnancy, and during breastfeeding. Filled with all of the goodies that we expect in a prenatal vitamin they stood out to me with the following:

- ❖ includes immune support for me and growing baby
- ❖ supports healthy digestion and elimination
- ❖ fantastic in the first trimester, as I was able to take them with nausea (they actually can help morning sickness as they include natural ginger)
- ❖ supports heart and blood health (essential as our blood volume can increase by 50%)
- ❖ supports healthy neural tube development
- ❖ supports maintaining healthy skin

Simply take them three times a day (not necessary with a meal). Personally, I tried to remember to take them at each meal and the great thing was that if I forgot (yes, I did have my moments of complete pregnancy brain!) I would take two at dinner with total ease on my stomach.

Tip: Have a small container in your purse or handbag with your prenatal vitamins nice and handy. I loved having them on me at all times in case I was out of the house and needed to take one with a meal.

IRON

Iron is a vital mineral during pregnancy. Especially since our little one's depend completely on our reserves of iron in the body. Ensuring that our iron levels are in a normal range prior pregnancy is a great starting point. If you are able to plan pre conception to have some blood work and check your iron levels that is a great reference point for you to have during pregnancy.

Start packing in all of our iron filled friends:

- ❖ Spirulina
- ❖ Spinach
- ❖ Beet root juice
- ❖ Quinoa
- ❖ Soybeans (cooked)
- ❖ Black strap molasses
- ❖ Pumpkin seeds
- ❖ Lentils
- ❖ Cannelli Beans (white beans)
- ❖ Dried peaches
- ❖ Prune juice

Tip for Iron Boosts:

Beet root juice is an incredible natural source of iron. This purple beauty has great cleansing properties and helps to maintain and restore healthy iron levels. It is meant to be juiced in its natural raw state and include other veggies and fruits to create a blend that is suitable for you! Beets are a super powerful cleanser so just be mindful to not overdo it and include another veggie or fruit as the main base of your juice. If you are just starting to incorporate

beets into your diet a great base to start with is about 1/2 a medium sized beet. After a couple of weeks with regular juicing you can up the amount to about 1 medium sized beet for juicing. Always check in with your body and see what is right for you!

Tip: When having juices try and juice from home as much as possible. When buying juices out and about mums-to-be can be at risk with picking up bacteria from juicers that have not been cleaned properly or fruits and veggies that have not been washed properly. My best bet was to go organic and to juice from home, this enabled me to ensure all my veggies were washed, juiced, and the juicer was cleaned properly. Our all time favorite juicer in the Paddison house is the **Juice Fountain** from Breville. Our juicer has made countless of juices for us and I love the fresh, vibrant, sweet smell of juicing. Trust me... It can replace the smell of coffee! The freshness is so powerful and you almost come alive with each sip of goodness.



A few beet blends that I like to have are:

GREEN BEET POWER JUICE

- ❖ 1 raw beet (medium size)
- ❖ 4 carrots
- ❖ 2 handfuls of fresh spinach
- ❖ 1 green apple

BEAUTY BEET JUICE

- ❖ 1 raw beet (medium)
- ❖ 4 carrots
- ❖ 1/4 pineapple, chopped
- ❖ 1 handful of fresh mint

A great breakfast to fill up your growing belly with iron is a Veggie Brekky. This is one of my favorite recipes and I always tried to have it a few times a week. My veggie brekky is a plate filled with sauted spinach, roasted or fresh tomatoes, mushrooms, avocado, cannelli beans, and whole grain toast. Yum! This is a great one to make for the whole family on weekends!

In addition to including iron rich foods in your diet there might be a chance that an additional supplement of iron is needed. Especially if your iron stores were not in normal ranges pre pregnancy then it is quite common to become depleted in your iron stores during pregnancy. If this happens not to worry, we are increasing the volume of blood in our body massively and our little ones are gently taking what they need. A gentle iron supplement that I chose to take in addition to my iron rich foods was 100% natural liquid iron [Spatone](#). I took 2 sachets of liquid iron in a glass of orange juice and in between meals - this helps for better absorption in the body.

SPIRULINA



Spirulina is an edible blue-green algae that is incredibly powerful and beneficial for every day life and especially mums-to-be. This super food is filled with chlorophyll, energy from the sun, and is one of the most powerful nutrients on the planet.

It can be taken in powder form and added to juices or smoothies as well as in easy to swallow tablets. I always look for organically harvested spirulina and a few great options are [Morlife Spirulina](#) and [Hawaiian Pacifica Spirulina](#).

Why I chose to include this green powerhouse during pregnancy (and in every day life!):

- ❖ One of the best sources of plant-based protein. This green super food is a complete protein and contains all the essential amino acids. Depending on when it is harvested the protein content ranges from 50%-70% of the powder.⁴⁵
- ❖ Spirulina is a great source of Vitamin B12. Vitamin B12 is an essential vitamin for DNA synthesis, metabolism of all cells in the body, and the development of healthy nerve tissue in the body.

- ❖ Spirulina is a great source of anti oxidants. These anti oxidants help prevent the body from free radical damage. Damage from free radicals has been shown to affect fertility issues, egg and sperm health, and overall health and immunity. It has also been shown to help pregnant mummies prevent preeclampsia.
- ❖ A study in Mexico has shown that spirulina may be helpful in preventing preeclampsia as well as treating women with preeclampsia. Numerous studies have shown that preeclampsia is associated with increased oxidative stress in the placenta and vascular system of the Mom. NADPH oxidase has been shown to be the number one source of oxidant stress associated with preeclampsia. Phycocyanobilin (PCB) contained in spirulina has been shown to inhibit NDADPH. Along with the incredible nutritional content, this may help prevent mom and baby from developing preeclampsia. For us plant-based mummies it is good to know that the leading cause of preeclampsia is poor nutrition - this is something that we have been mindful of with every clean and nutritious bite we eat.⁴⁶
- ❖ Spirulina is filled with essential fatty acids (Omega 3, 6, & 9). Omega 3 is helpful in preventing heart disease, lowering bad cholesterol, reducing arthritic pain, preventing osteoporosis, and depression. These essential fatty acids aid in prostaglandin function, which is needed for blood pressure regulation and hormonal balance (also important for pregnancy). Gamma-linoleic acid (GLA) is essential for development and growth of babies. GLA is only found in two main sources of food mother's milk and spirulina and plays a crucial role in brain development. It plays an important role during pregnancy and breast feeding for baby's development.⁴⁷
- ❖ Spirulina is a great source of minerals. It provides iron, calcium, phosphorus, iodine, magnesium, zinc, selenium, copper, chromium, and potassium. A fantastic plant-based source of iron and folic acid for pregnant moms, spirulina

helps to regulate hemoglobin levels in the blood and assists with preventing anemia.

- ❖ Spirulina is a fantastic source of calcium for plant-based lovers. Drop the dairy and choose a clean green form of calcium, our green friend spirulina. Spirulina has more than 26 times the amount of calcium than a glass of milk. Being plant-based it has more bio-availability for humans, which means it can be absorbed into the body much better than a glass of milk.



PART TWO

Embracing 9 Months where Two Hearts Beat as One

“The changes in your body will last for just 9 months, but the beauty of motherhood will embrace you for the rest of your life.

Anonymous

“The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new. And so in you the child your mother lives on and through your family continues to live... so at this time look after yourself and your family as you would your mother for through you all she will truly never die.

Osho

Now that we are consciously choosing the right foods to nourish our littles, we can have a closer look at how to master the three trimesters of pregnancy. Each trimester is unique and vastly different as we physically, emotionally, mentally, and spiritually grow in our journey of motherhood.

To navigate the 9 months ahead, keep these simple words close to mind: Listen to your instincts. Nourish. Nurture. Breathe. Be amazed by your Strength. Trust. Let Love consume your entire being as Two hearts beat as One.



First Trimester

Congratulations! Even though you might not see any physical changes to your body, your Little One is developing fast and furiously. The first trimester is an invisible transformation of life that the body begins nourishing immediately. Once you do find out that your little one is on the way - celebrate the creation of life within you and prepare yourself with what to expect over the coming 12 weeks.

*My body naturally
prepares and
creates space
for my growing baby*

The day that my husband and I found out I was pregnant, I played our wedding song “Somewhere Over The Rainbow” by Israel Kamakawiwo‘ole and we danced and cried with joy.

“Somewhere over the rainbow
Way up high
And the dreams that you dreamed of
Once in a lullaby

Somewhere over the rainbow
Blue birds fly
And the dreams that you dreamed of
Dreams really do come true”

The lyrics fulfilled all of our dreams of becoming parents!

When you find out you're pregnant it can feel overwhelming. I was living in Sydney at the time and away from all of my family and friends. I didn't know where to start with learning about pregnancy and had no clue what I was in for with my morning sickness that was about to hit like a truck.

I had to dig deep, rely on my husband, and begin to trust my mothering instincts (that yes, already started to tiptoe into my being). Like anything that I tackle in life, I started reading, researching, and applying all of my knowledge that I had already tucked away on nutrition, conscious living, and exercise. I wanted to set myself up for the best pregnancy and labor that I could. Whilst also living mindfully for the next 9 months with the acute awareness that I was growing our precious new addition.

The journey itself through the pregnancy varies greatly from person to person so it is impossible to say just how your body is going to fare. There are many mamas that have a serious ride during their pregnancy and for various reasons do not enjoy the 9 months. Others feel only slight discomforts, a growing belly and wonder what all the fuss is about.

I had killer morning sickness, where I was basically just barely getting through the day for 3 months with nausea. For a 3 week period I would throw up hour after hour and I even remember a 17 hour stint. My hand banging the floor and crying out “When is this going to end?!”

After making it through those difficult few months I began to feel much better. I chose to accept that my body was doing what it needed to for our little and I had to ‘let go’ of all of the activities that I thought that I should be doing. I stepped away from

teaching yoga. I rested. I sharpened my mind and meditated. I tried to nourish myself as best as I could during trips to the toilet. I opened my heart and connected with my growing little. I began to take each breath and send love and energy to our sweet and rapidly growing Angel.

CHANGES FOR MUM AND BUB

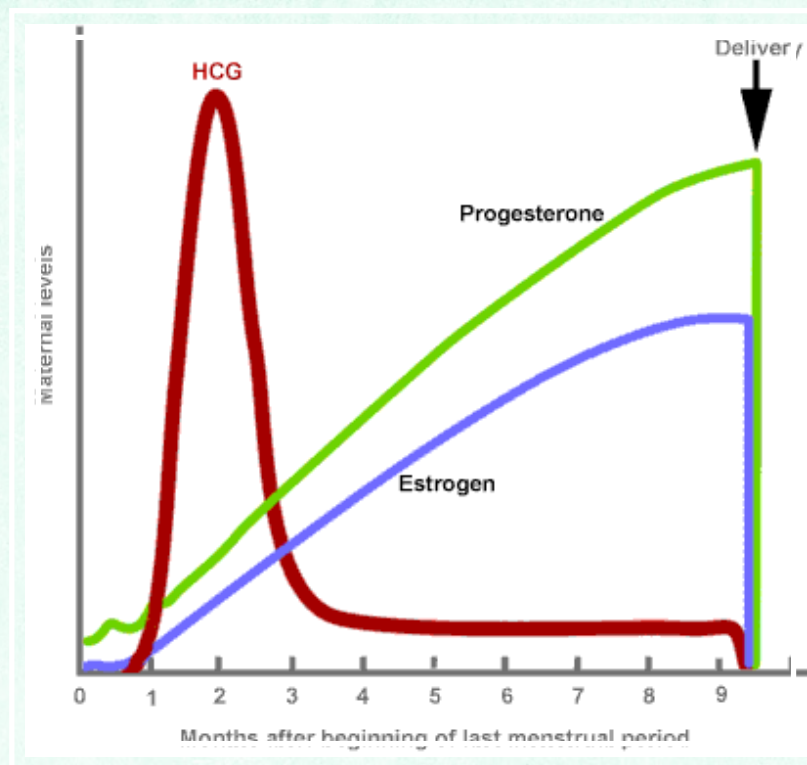


You might experience some or all of the points below.¹

- ❖ Morning Sickness or Nausea
- ❖ Heightened sense of smell
- ❖ Fatigue
- ❖ Tender/Swollen breasts
- ❖ Increased urination
- ❖ Dizziness

- ❖ Heartburn and constipation
- ❖ Food aversions or cravings
- ❖ Emotional highs/lows
- ❖ Weepiness/mood swings

What is morning sickness? Due to higher levels of hormones, estrogen, progesterone, and hCG (human chorionic gonadotropin hormone), a lot of women will experience some form of nausea or vomiting which normally starts at about 6 weeks. The hCG hormones spike dramatically during the first trimester and later plateau, this can contribute to the intensity of morning sickness. It varies for each of us ladies, but in general hCG levels in early pregnancy usually double every 2-3 days with an increase of at least 60% in every two days. Phew! When I discovered that nugget of information I was over the moon and it completely made sense to me as to why my body was feeling like it was on the roller coaster of it's life.



For many women it can begin in the early morning hours and diminish throughout the day, but can honestly strike at any time. The name 'morning sickness' to me is actually totally off! I think it should be called 'any time sickness' as I experienced it at all times and was hit the hardest during the night. I experienced nausea that lasted as long as I was awake and moving around. I vomited countless times and had a super hard time with eating anything. Setting positive affirmations and reminding myself that this is a very normal part of pregnancy truly helped me get through the difficult time.²

It is believed that morning sickness is an evolved response that helps to protect the fetus against toxins ingested by the mother. It is said that it is actually very healthy to experience morning sickness as it helps to reduce the chance of having a miscarriage. This is because Mom is able to rid herself of toxins that are not healthy for the fetus. According to scientific study, Morning Sickness: A Mechanism for protecting Mother and Embryo, by Dr. Samuel Flaxman and Dr. Paul Sherman, they discuss how animal products containing parasites and harmful bacteria can be harmful for pregnant women. Morning sickness can often be a result of having animal products including meat, fish, dairy, and eggs. It is incredible that our body innately knows to expel toxins, therefore preventing mum and baby from having foods that will cause damage.³

FOOD CHOICES

As a plant-based mama I was making food choices that were nutritious and filled with all of the goodness that my growing babies needed. But, I soon came to realize that sometimes when you are pregnant the healthy foods that you normally love and can eat daily you might not want to have anymore - as they might just completely seem impossible to stomach eating. For example, I love eating large green salads daily, but I found that I couldn't bear to sit down to a large bowl of salad during my first trimester. What to

do?! I tried different combinations and I found that I really liked to have veggie sticks instead. This was easy to have pre prepared for healthy snacking and became my go to in the early days. I liked to have carrot, cucumber, green and red peppers (capsicum) and celery. For some reason having the individual healthy veggie sticks were much easier for me to get down. Also, another more appealing way of getting your greens is making green juices and green smoothies. There are countless recipes for green juices and green smoothies. Green smoothies in particular were one of my main go to's getting in all my green goodness. I could load 2 cups of spinach, bok choy, and kale alongside my fav fruits and seeds to really create massive nourishment for myself and baby. This really helped me during my second pregnancy as I found myself chasing after my toddler, Angelina, and had less time in the kitchen. I always had some essential smoothie ingredients stocked in the fridge and was able to whip up a green smoothie in a matter of minutes. Every afternoon I made a smoothie and it was a snack for both myself and Angelina.

Tip: Invest in a powerful blender and never look back. Those bad boys truly make the difference in a plant-based kitchen and are used for countless recipes. We are passionate lovers of our Vitamix and I use it multiple times a day. Green smoothies, nut butters, fresh salsa, bean dips, coleslaw, chopping veggies, grinding grains, and making baby purees are just a few things that I use it for.

Tip: There are many suggestions for Pregnant Mamas to only consume pasteurized beverage items. Fresh juices are not pasteurized and I chose to include them daily during both of my pregnancies. It is best to prepare the juices yourself with your own clean juicer and washed organic veggies. I also bought and enjoyed countless cold-pressed organic juices. My all time favorite cold-pressed juices are from [Kauai Juice Co](#) in Hawaii (check them out for total juice bliss!). My mindset is there is bacteria everywhere and in everything and I was at a healthy baseline for pregnancy and was already consuming many fresh and raw high vibe foods. It is up to you Mama, if you choose to include fresh juices!

Tip: Stay hydrated. Staying hydrated truly helped me get through my severe bouts of morning sickness. It is super important in general to ensure that we are keeping hydrated for ourselves and our growing littles. We can all get totally wrapped into our day and forget to keep up the fluids. A great visual aid in remembering to keep up the water intake is to invest in a glass mason jar water dispenser. I LOVED having this beauty placed on my kitchen counter and filled it with a variety of simple fruits, veggies, and herbs along with fresh water to create infused thirst-quenching delights. You will definitely look forward to each glass of infused water!

A few great infused water combos are:

- ❖ Orange, Lemon, Lime, & Mint
- ❖ Strawberry, Lime, & Cucumber
- ❖ Cucumber, Lemon, & Mint,
- ❖ Watermelon, Blueberry & Mint
- ❖ Lemon, Raspberry, & Rosemary



HOW TO COMBAT NAUSEA

- ❖ Ensure to rest and allow yourself to be nurtured with extra naps
- ❖ Wake up slowly, if time permits, be slow and steady with getting out of bed. Move with care
- ❖ Go to bed early and truly try and get your ‘beauty sleep’ or I like to think of it as ‘baby sleep’
- ❖ Sometimes having a snack in the morning before you get out of bed can really help (for example crackers or banana placed on your bedside table)
- ❖ Eating small, regular meals (not letting yourself get to empty)

- ❖ Stay hydrated! Ensure to drink enough water (it helped for me to tick off each glass of water that I had, to ensure that I was drinking enough)
- ❖ Carry snacks in your purse, car, and have them stocked at work to always have a nibble on hand
- ❖ Load up on fresh ginger
- ❖ Avoid caffeine
- ❖ Having a snack in the evening helped me to get through night time morning sickness
- ❖ Have a banana on your night stand to have something to grab during the middle of the night when a wave of nausea might come on
- ❖ Have fresh herbs or lavender to smell
- ❖ Go for a walk, getting out of the house and moving along with fresh air really helped me to shift into a better mental state
- ❖ Deep breathing, a great time to start practicing deep cleansing breaths that will help you through each stage of pregnancy and labour
- ❖ Wear breathable and comfortable clothing

HAVE A PLAN

During the first trimester, every time you enter a public place the first thing to look for is the location of the bathroom. Have a plan! Never be in a situation where you don't know where the bathroom is, because you could feel nauseous at any time. You can purchase small bags from the chemist that can fit into your handbag and also leave some in your car for times when morning sickness can strike unexpectedly. As unlikely as this may sound, you may need to mentally prepare yourself that at one point you might just need to vomit in public.

I will never forget needing one of these bags in the busiest street of downtown Sydney, about 2 months into my pregnancy. My husband Clint left me to go and fetch our car from the carpark as I had been unwell (vomiting quite regularly for a few hours) and didn't trust myself to get to the car. I felt an overwhelming feeling of illness rise from the deep and overcome me within minutes. As people walked past me during their midday lunch break, I emptied everything I had and did many dry wretches into the little chemist travel bag, leaning up against a garage bin! Not my finest moment, I assure you, but the humiliation would have been double had I not had my trusty travel spew bag! Not surprisingly, no one stopped to check on me, which made me break down to tears. I know my body was adjusting to little one but sometimes it can be so overwhelming and uncontrollable to deal with morning sickness. Don't worry! You are not alone. Firstly, your little one is always with you. Secondly, many many women will suffer through a period of morning sickness and know that 'this too shall pass.'

YOUR PURSE SHOULD HAVE THE FOLLOWING NAUSEA COMBATTING ITEMS

1. Small, foldable, travel sick bag from the chemist
2. Tissues
3. Bottle of water, to swish your mouth as needed
4. Snack bag of dried crackers to soothe the tummy
5. Pack of gum or mints - to clear your breath and to get the 'off' taste out of your mouth, which can trigger another episode
6. Dried ginger cubes to chew

A new and close friendship that I established during the first trimester was my trusty blue bucket. This blue bucket came with me everywhere! It was my stable companion always there to catch a quick moment of uncontrollable morning sickness or when I just

couldn't make it to the bathroom. I had my reliable blue bucket by my bedside at night and also brought it with me in the car - for the 'just in case' times.

My heightened sense of smell during the first trimester also impacted my food choices. If you spend a lot of time in the kitchen (which I did!) you might find that the smells of cooking just down right make you want to run for the ocean and gulp fresh, clean air! I found that cooking even my favorite recipes had an impact on my nausea. Sometimes, I would start preparing a meal and by the time that it was ready, I no longer could think of eating it or touching it with a ten foot pole (no matter how healthy and yummy it was!). Sometimes I would cook a meal and then be so nauseous that I would need to leave the house and go out to lunch or dinner.

What helped me was to keep all the windows open and have as much air flow as possible whilst I was in the kitchen. Also, meals that took a long time to prepare and had strong smells I tended to back away from and leave those to my partner to help out with. I referred to the good old KISS method. Keep it Simple Stupid, was a mantra for my first trimester. Simple foods that packed a lot of nutrition were easiest for me to eat. For example, I loved loved loved smashed avocado on wholegrain toast with fresh lemon and sea salt. I also had a chunk of ginger in the refrigerator and I loved smelling that to calm down queasiness.

EXERCISE

“If you lay down the baby will never come out”

-Native American Saying

If we didn't exercise prior pregnancy, now is the time to start a gentle practice. I strongly believe that maintaining our physical health and wellbeing directly impacts the labor that we have. That said, get moving Mama! Find some inspiration, play your favorite tracks, exercise with a girlfriend, or simply do a power walk in the

evening with your Partner. The more we move the more blood flows through our body, energy increases, and happy endorphins are released. That being said, please be mindful of your body. We all have different conditions and abilities within our body. Pregnancy is a delicate state where we are rolling through an ocean of emotions, hormones, and changes in our physical body. It is not a time where we suddenly need to train like we are an Olympic athlete or train to move mountains. Instead, it is a time to nurture ourselves and our growing baby through movement, body awareness, and breath.

If you have physical limitations and concerns with exercise, I recommend taking classes through the guidance of a qualified fitness expert. Your body and Baby are changing rapidly through the different stages of pregnancy. During pregnancy the hormone relaxin is released in the body, which helps to stretch and lengthen your ligaments to help release and open the body for labour. Our balance is also constantly changing, especially towards the last trimester and keep this in mind with your movements.

Stay hydrated! Before I went for the gold to get my circulation moving and endorphins pumping, I always drank a glass of water. Water was always by my side as well during any exercise or yoga. We don't want to overheat, as Mama's have the ability to sweat and cool down, but our little ones do not have their own internal thermostat to cool down just yet. I also liked to have a small snack before exercise to ensure that my energy levels were optimum.

It is important to remember this during any form of exercise. Do not push yourself, simply listen to your body, be kind to your body, and let your body be your guide. To be safe always speak with your Doctor or Midwife about what exercises are safe and best for you and your pregnancy.

Great options for Exercise during the course of Pregnancy by the Babycenter Australia Medical Advisory Board are: [4](#)

- ❖ Walking
- ❖ Swimming
- ❖ Aquanatal Classes
- ❖ Yoga and Stretches (my personal favorite!)
- ❖ Pilates
- ❖ Weight Training
- ❖ Dance
- ❖ Low Impact Aerobics

FIRST TRIMESTER EXERCISE

The best way to keep your **baby healthy** is to keep **yourself healthy**.

The first trimester can often be the most challenging and therefore it can be difficult to incorporate any physical practice. The fetus is still implanting itself into the uterus, so this is a time to not practice any extreme exercise or movements that can affect the development of our little one or increase a chance of miscarriage. This is why it is best to avoid exercise where we can avoid slips, falls, and unnecessary stress to the fetus.

There were some days when I just needed to rest and conserve all my energy to get through the day. There might be other days when you feel like you can still move with ease and go about your regular routine. If this is the case, just be mindful of some modifications and things to avoid in the first trimester and through the course of pregnancy.

I will never forget during my first pregnancy, the first wave of severe fatigue and absolute zap of energy happened during one of my regular hot yoga classes in Sydney. I couldn't understand what was happening to my practice. It was a feeling that I had

never experienced before and I needed to adjust my practice to support my body and breath through class. Soon after that class, I found out that I was pregnant! It was an ah-hah moment that immediately made me understand why I had felt so off and truly depleted of energy in my body during that yoga class. It was time to change my regular yoga practice and adapt to my changing body and most importantly to my growing baby.

- ❖ Avoid exercising in hot, humid temperatures
- ❖ Avoid saunas or jacuzzis
- ❖ Avoid high impact aerobics
- ❖ Avoid skiing
- ❖ Avoid horseback riding
- ❖ Avoid rollerblading
- ❖ Avoid heated bikram yoga
- ❖ Avoid targeted strong abdominal movements
- ❖ Avoid the following yoga postures:
 - ◆ inversions (e.g. headstands, shoulder stands)
 - ◆ twists (e.g. half prayer twist, chair twist, supine twist)
 - ◆ backbends (e.g. camel, bridge)
- ❖ Avoid jumping forward and back during sun salutations, instead mindfully step forward and backwards

In the first 12 weeks it is essential to be gentle with yourself and mindful of where your body is at each time that you set aside time to exercise. If you don't feel up to it - simply don't do it! There is no need to put added stress on yourself during this incredibly important time. Our bodies are changing, Baby is developing quickly, and it is a great time to become more in tune with ourselves and creating a state of mindfulness. During pregnancy

Baby will tune into our thoughts, emotions, and physical state and we can work on creating a harmonious state for ourselves and our Little One. Building a restorative and regular exercise routine will give you layer upon layer of stability and a foundation of strength and inner peace throughout your pregnancy.

I was able to continue with my regular yoga classes, with mindfulness of staying hydrated, not overdoing it, not overheating, and avoiding backbends, twists, and inversions. I also loved long power walks with Hubby around the many beautiful parks in Sydney. This also gave us a wonderful opportunity to communicate on how I was feeling and experience all the excitement together on how our life was going to change with our new addition. On days that I felt depleted, fatigued, or had morning sickness, I listened to my body and allowed myself to rest knowing that was the most important thing that myself and baby needed. I even turned down an incredible opportunity to teach corporate yoga classes in Sydney during my first trimester. I simply could not get through speaking and demonstrating without running to the toilet within 20 minutes due to morning sickness. At first I was hard on myself and then I had clarity - I knew another opportunity to bring yoga to the corporate scene would arise later, but for now I needed to practice ahimsa (non-violence) to myself and baby, and nurture my growing little one with rest and nourishment.

During these times if you feel completely overtaken by morning sickness it can be a great opportunity to practice simple pelvic floor exercises like your kegels, as well as practice deep breathing and gentle stretches.


A little more on kegels.... What is this magic word that so many talk about during pregnancy? Kegels are pelvic floor exercises that help support the uterus, bladder, and bowels, whilst strengthening the vaginal muscles. The American Pregnancy Association says that, "Pregnancy women who perform Kegel exercises often find they have an easier birth. Strengthening

these muscles during pregnancy can help you develop the ability to control your muscles during labor and delivery. Toning all of these muscles will also minimize two common problems during pregnancy: bladder control and hemorrhoids.”⁵

HOW TO PRACTICE KEGELS?

My personal mantra to remember kegels is: Breathe. Squeeze. Strengthen. Release.

1. Locate where your pelvic floor muscles are and actively contract them. You can do this easily by contracting the muscles that will stop the flow of urine whilst urinating.
2. Ensure you have an empty bladder, so don't hesitate to make another trip to the bathroom. In the early days, find a place to sit quietly and comfortably to focus on practicing kegels until they become a familiar practice.
3. Contract your pelvic floor muscles for about 5 seconds. Feel free to work your way up to 5-10 seconds. Release and repeat about 10-20 times.
4. Ensure to keep breathing regularly throughout contracting your muscles.
5. Try to keep still and not move other parts of the body whilst doing your kegels.
6. **Tip:** Try and think about practicing your kegels a few times a day. Create a habit with including them in your daily routine.



*Breathe.
Squeeze.
Strengthen.
Release.*

For example you could do them in the morning after taking any vitamins, or during your regular exercise, while sitting in the car at a traffic light or on the bus, and while watching a tv show.

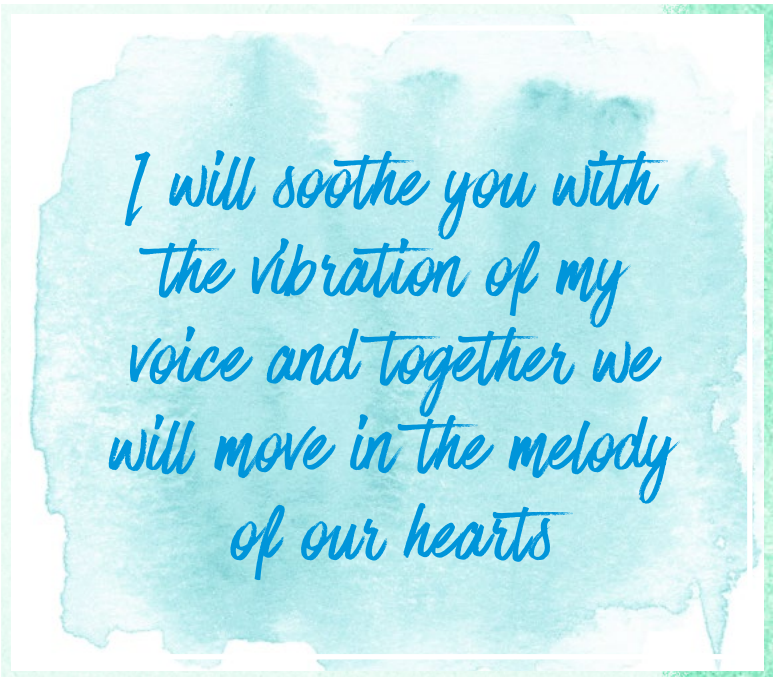
I like to include kegels during my prenatal yoga classes. It is a great time to focus completely on your pelvic floor and the important muscles that will help bring baby into the world.

Second Trimester

For most of us, the second trimester is a time where a lot of discomfort and morning sickness fades away. It is a time where you might begin to get that gorgeous luminous glow that so many pregnant mamas manifest. It definitely helps to have a plant-based diet pumping into your system for yourself and baby as it can continue to provide vital nutrients and foods that are brimming with life force and energy.

During my second trimester, I truly felt a deep and indescribable connection with my growing baby. My love for her was shining out of my being and I truly began to ‘Glow & Show.’ My energy levels were bouncing off the walls and I felt vibrant with life and excitement for what was to come. I spent a lot of time practicing birth breathing, meditating, visualizing meeting our

Angel to come, practicing prenatal yoga, nourishing my body with plant-based foods, and preparing my mental, physical, emotional, and spiritual state for birth. Wrapping my head around birth and bringing our baby into the world was one of the most crucial and important learning steps in my pregnancy.



*I will soothe you with
the vibration of my
voice and together we
will move in the melody
of our hearts*

CHANGES FOR MUM AND BUB



You might experience some or all of the points below. Not to worry, having a plant-based diet truly helped me to float through some of the many difficult challenges that can arise with the body.

- ❖ Increased energy - yay!!!
- ❖ Heartburn
- ❖ Constipation (eating our plant-based meals truly helped me breeze through with zero constipation in my pregnancy)
- ❖ Varicose veins or hemorrhoids

- ❖ Mild swelling in hands, feet, ankles
- ❖ Itchy skin - as the belly expands it can become itchy
- ❖ A dark line called the linea negra might start to show that will run down from the center of your belly button. I liked to think of this as my little line of love to my little one. This is quite common and most often goes away after pregnancy
- ❖ Pigmentation - Be conscious of spending too much time in the sun. Although we love natural Vitamin D, ensure to wear sunscreen on your face and to know that the skin will be more prone to pigmentation
- ❖ New moles popping up. With higher levels of hormones raging in the body new moles might surface.

SECOND TRIMESTER TO-DO LIST

- ❖ Continue to nourish your body with plant-based goodness
- ❖ Create a variety of different meals to facilitate well rounded nutrition, using your Weekly Meal Planner
- ❖ Prepare and schedule prenatal or antenatal visits
- ❖ Get excited! Decide if you want to find out if your little miracle will be a Boy or Girl (you can find this out at your 19 week scan if baby is in the right position)
- ❖ Decide if you would like to hire a doula (professional labour coach) this can be an incredible emotional support as they assist you throughout labour and delivery. For more on doulas visit the [Australian Doula College](#) which still contains good generic information even regardless of your location.
- ❖ Ensure you are doing some form of prenatal exercise. A great option is to sign up for a prenatal yoga class and follow my prenatal yoga guide.

- ❖ Meditate daily. Set a goal for at least 5 minutes.
- ❖ Celebrate reaching the half way mark of your pregnancy and baby's development at 20 weeks!
- ❖ Plan a Babymoon with your Husband or Partner. This is a time where you will feel great and can still fly to make a trip. Travel and create a memorable experience for the two of you before your little miracle arrives.
- ❖ Make a list of possible Baby names for your sweet little one.
- ❖ Consider planning a Baby Shower or setting up a Baby Registry.
- ❖ Be prepared to feel like 'nesting' - you might want to start setting up an area for baby and preparing little one's nursery.
- ❖ Buy and apply natural lotions and oils to rub on your growing belly, breasts, and bum. I liked to use [Mama Bee Nourishing Body Oil and Belly Butter](#). This doesn't guarantee against stretch marks but applying oils and belly butter can help to prevent and also help to nourish and moisturize the skin to help with itchy skin.
- ❖ Drink plenty of water.
- ❖ Practice mindfulness, relaxation, and meditation.

Embrace your beauty and your changing body as this is the time where you will definitely start to show if you have not already. You might want to think about stocking up on some maternity clothes and comfort clothes that are light, breezy, and made from natural materials. My other go to was comfortable yoga clothes and light cotton pants.

A few places that I liked for picking up some maternity clothes are:

- ❖ [ASOS](#)
- ❖ [Destination Maternity](#)
- ❖ [Target](#) (I found the best maternity items in the US)

SECOND TRIMESTER EXERCISE

In the second trimester, you will hopefully feel more energy and feel up for a physical practice. Most will hopefully be able to wave good bye to morning sickness, nausea, and fatigue. If you are feeling better (and I hope that you are!) this is a time to continue to develop strength, mindfulness, and a connection with Baby. Enjoy movement with breath, opening your heart, opening your hips, engaging your pelvic floor, and building strength in the thighs and legs for birth. This is usually the time when you can become most physical in preparation for Little One's arrival. I absolutely loved feeling my Little One's gently moving with me and I felt so connected and in love with them! I hope that you have those priceless moments with your Bub too!

I especially liked to include upper body and stretching throughout the second and third trimester. This is because our breasts are growing and we will be spending a lot of time holding and carrying our baby in the early days. After birth we can be holding, breastfeeding, and bathing a baby up to 12 hours per day! Strain can occur in the upper body so weight work and stretching are essential for building the endurance in our baby toting arms.⁶

During my second trimester I continued to do prenatal yoga, walking in the park with Hubby, walking along Sydney's eastern beaches with Hubby, and I started strengthening and toning with [Tracy Anderson's: The Pregnancy Project](#). Tracy Anderson's videos were an extra boost for me to include upper body strengthening, and strengthening and toning of my legs and buttocks. I really enjoyed her series as the program has 9 different DVDS to follow you through each stage of pregnancy with mindful modifications.

We also took a Baby Moon with my second pregnancy. We packed up Angelina and flew with my growing belly to visit my family in Florida for the Holidays. International travel pregnant is exercise in itself! On our return to Sydney, we stopped off to our personal

love and Paradise location - Hawaii. We spent 2 weeks in Kauai where we were able to bond further as a family, create priceless memories with our 21 month old, and where I was able to deeply connect with my second sweet daughter. I walked through mountains and botanical gardens, swam in countless oceans, practiced yoga, meditated, and found myself completely and utterly glowing and showing. The time spent in Hawaii fused us further as a family and prepared me to get ready for the next stage of our lives to welcome our newest bliss ball baby.

I absolutely loved my second trimesters. I felt so in tune with my growing little one and felt totally alive and vibrant. Being active enabled me to feel healthy and strong and each session led me to connect with baby and build a layer of strength for labor and delivery. The endorphins released whilst exercising can really help pick you up, even if you are having an emotional or tiring day. I hope you have a wonderful second trimester filled with renewed energy, vitality, and an increasingly amazing connection with your little one.

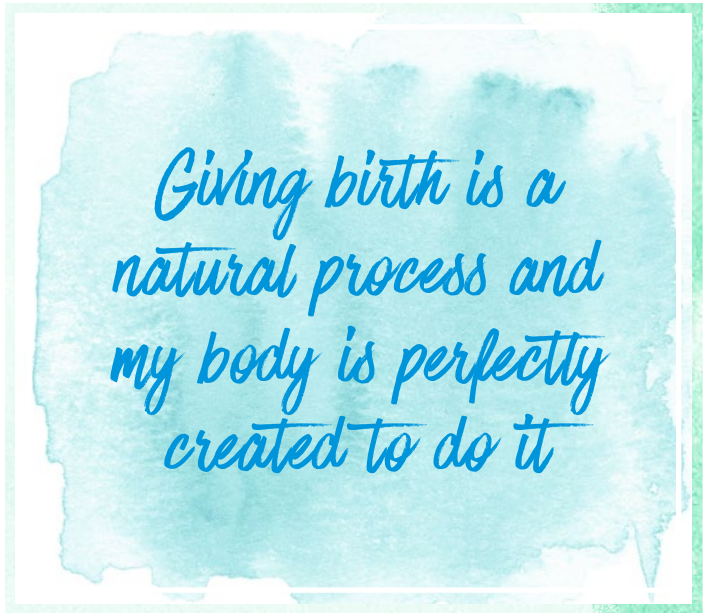
Third Trimester

You are in the home stretch! Sorry about the pun...This trimester like the others is filled with the anticipation of wanting to meet your gorgeous baby. We can often get overwhelmed, emotional, teary, and flat out exhausted at this point, so it is essential to pace yourself and be mindful of your body and how you feel.

There is no missing baby and belly at this point! Baby will be filling out it's little body with fat and this means more growing and weight gain for Mom. I was amazed at each week my bump was beautifully growing bit by bit and I felt my walk turn into a waddle. If you feel your waddle coming on, enjoy it and know that you are creating an incredible human being that is depending on all of the love, nourishment, and nurturing that you are providing.

As baby is growing it is essential that we continue to provide healthy nutrition filled with all the goodies needed to help grow your bundle of joy.

During my third trimester, I continued to have a truly healthy and vibrant pregnancy. I loved it! I loved blooming into a Mama and growing and nurturing my expanding belly. Continuing to nourish myself with total plant-based goodness and some form of daily exercise was my goal. This was not hard with my second pregnancy, as I was chasing after my adventurous and free-spirited



Giving birth is a natural process and my body is perfectly created to do it

toddler. It felt like my whole day was exercise at times. I was mindful of this and tried to have a rest when I put her down for her daily nap.

Setting aside time to practice my birth breathing, meditate, and visualize birthing our baby was paramount. Every night when I went to bed I listened to 'Rainbow Relaxation' or 'Surge by the Sea' and tried to shift my mindset to a natural birth that was powered with my breath, internal strength, present state of mind, and letting go of negative thought patterns. All of these take practice! Practice. Practice. Practice. Create your positive mindset patterns now and put them into place to have them become a habit during your third trimester.

Tip: Schedule a delicious treat for yourself. Time to pamper and nurture yourself and baby with a prenatal massage, acupuncture, or pedicure at an organic day spa.

Tip: I personally would avoid having foot massages late in pregnancy, as they have been known to stimulate labor. Stick to a simple pedicure and fabulous coat of polish! My favorite non-toxic polish is Butter.

MY BIRTH STORY

Every mama's birth story is a miracle and beautiful. For it is in the **end result**. The result of meeting your precious baby and looking at them for the first time in the eyes, connecting Soul to Soul. What transpires in the hours of labor and delivery can be forgotten with time - what doesn't leave us is the arrival of our healthy and heavenly baby. You don't know ahead of time what your labor will be like or if your baby will be in the 'right' position. All of your preparation for staying present, focused on your birth breathing, and bringing your baby into the world will without a doubt lead you on the best possible path for your labor. As Mamas we might face many challenges during our labor and delivery. I urge you to treat each surge and possible challenge with the calm and present



mindset of simply knowing that all will be fine in the end. You will meet your baby. However they are birthed into the world.

The day before I went into labor, I was excitedly meeting my Mom and Sister at the airport as they had just flown in from Florida. We whisked them away to our favorite location in Sydney - Bondi. At nine months pregnant I walked the Bondi to Bronte ocean cliff walk and loved every waddling step. With each step, I took deep breaths of ocean air and felt truly happy to have my family by my side. We then topped the afternoon by walking around Centennial Park and checking out the swarms of white cockatoos and fruit bats. Needless to say, I walked quite a bit and believe that this triggered the onset of my labor. That night I had shooting pain down my left inner thigh, that felt like lightning bolts. I had

to pause and brace myself on the kitchen counter in between the bolts running down my thigh. I knew that something was changing and shifting in my body and that I was headed towards meeting my sweet Angel.

The following day we were on the Manly ferry to visit Manly beach and I knew that my labor had begun. I felt hot flashes and period like pain and just quietly kept it to myself, wondering if this was pre labor (which can possibly last a few days) or if I was headed into the real thing. Things progressed pretty quickly and when my surges became regular at about 5-7 minutes apart we headed back to our apartment to stay focused, present, and to be at home.

I spent most of my labor at home, in yoga poses that were optimal for baby to descend, and in the shower. We had a few phone calls with our midwife and much to her surprise needed to head into the hospital after a few hours. She warned me not to come in too early. When we arrived I was fully dilated and ready to push to her amazement. I had 50 minutes at the hospital where I was in final stages of labor and birthed our baby naturally. The minutes following our Angel's birth will forever stand still in my mind, heart, and Soul. I will never forget her first cry, her bright eyes, and the precious moments of skin to skin where I was able to connect and release hormones that without a doubt built the foundation of our love and bond. I was able to clearly and brightly thank her for choosing me as her Mama and to God for bringing her into my life. We named our gift from God, Angelina Mae Paddison.

CHANGES FOR MUM AND BUB

You might experience some or all of the points below. Not to worry, being a plant-based mama truly helped me to float through some of the many difficult challenges that can arise with the body. A wise friend once told me during pregnancy to just remember that at the end of 9 months of crazy changes to my body there will be a rainbow that leads to a pot of gold. She couldn't have been

wiser. My little rainbow outshines ANY of the discomforts that popped up during pregnancy.

- ❖ Shortness of breath
- ❖ Sleeping difficulties
- ❖ Increased trips to the bathroom
- ❖ Increased pressure on the legs with weight can increase chance of varicose veins
- ❖ Itchy skin - use lots of mama baby oil and body butter!
- ❖ Heightened emotional mood swings
- ❖ Breast growth
- ❖ Back pain
- ❖ Constipation

During my third trimester sleeping became a bit of a challenge. I found it harder and harder to get comfortable and my little one decided that she liked to move and kick quite a lot into the wee small hours of the morning. To help with this I did nightly meditations and visualizations before bed. I also set myself up to be as comfortable as possible! This means lots of pillows Ladies! Get comfy pajamas or night gowns that can fit beautifully over your growing bump and allow you to move and roll around with ease. I also liked to use lavender oil to create a calming and restful state. Try and get your partner to give you a delicious leg massage and that can really just help to melt any tension away. If I felt hungry, I would get up and make a healthy snack to get through the night. Some of my night snacks were watermelon, cantaloupe, banana, apple with peanut butter, or toast with macadamia nut butter. I just let each night take me where it needed to, with the realization that she was preparing me for the many sleepless nights ahead after she was born.

Even though you might feel like you are getting bigger every day and might be finding it difficult to move around - still try and find the time to include exercise for yourself and bub. It is crucial to keep up your circulation and blood flow through the body. Be mindful of how you feel each day and try to set aside about 30 minutes of time for stretching, walking, swimming, or yoga. Personally, I chose to include prenatal yoga and some toning exercises for my arms, legs, and bum. These helped me to stay centered, incorporate movement and breath, get my blood moving, and to create natural endorphins. Even though on days that I felt tired, I still tried to incorporate some movement and I always felt better afterwards. It is a beautiful time to connect with Baby and work on a deep connection with your breath, which will help tremendously in labour.

THIRD TRIMESTER TO-DO LIST

- ❖ Continue nourishing your body and baby with plant-based foods
- ❖ Continue preparing and planning your meals with your Weekly Meal Planner
- ❖ Make a list of plant-based recipes that your partner or family members can help prepare and bring over after the baby arrives (a great option is to use our Optimal Health Recipe Book!)
- ❖ Keep track of baby's movements (great rule of thumb is about 10 movements every 2 hours)
- ❖ Continue exercising and practicing deep breathing for labour
- ❖ Meditate daily. Set a goal for 10 minutes daily
- ❖ Prepare for breastfeeding
- ❖ Educate and prepare yourself for labor as much as possible - dedication to relaxation techniques are essential!

- ❖ Start nesting and setting up Baby's Nursery
- ❖ Wash Baby's clothes - I suggest using non-scented plant-based detergent and softener. A great brand is [Seventh Generation](#).
- ❖ Purchase and set up a bassinet or crib, stroller, and car seat
- ❖ Pack hospital bag for Mama
- ❖ Pack hospital bag for Baby
- ❖ Think about taking any birth classes (e.g. Hypnobirthing, Calm Birth classes)
- ❖ Create your Birth Plan with your Partner and have multiple copies packed in your hospital bag for your Doctor or Midwives.
- ❖ Create a birthing play list of sweet tunes to bring to the hospital
- ❖ Schedule a Maternity Photography session or have your partner take some beautiful belly shots of you and baby
- ❖ Create a birth announcement to be ready to share with family and friends
- ❖ Enjoy some special bonding time with your partner before baby arrives
- ❖ Slow down and literally stop and smell the roses. Take time to rest, restore, and nourish your inner and outer self as much as possible
- ❖ Stock up on any household items to ensure that you have all that you need on hand

PREPARING FOR YOUR HOSPITAL STAY

1. Hospitals do not tend to have a lot of plant-based goodness on hand and honestly might not have many options at all. Best to be prepared and armed with your own snacks and nibbles.
2. Plan and pack your bag and baby's bag with all of your essentials and items that will be not only needed but also of personal comfort. (I loved having my robe, fuzzy socks, camera and toiletry items)
3. Organize to have a loved one bring you your own meals. This was a life saver for me! My hubby and Mom brought me a variety of different meals whilst I was in hospital after delivery and below is my list of items that I found so wonderful to have on hand!

HEALTHY HOSPITAL SURVIVOR SNACKS

- ❖ Mixed Nuts - Brazil, Almonds, Macadamia, Cashews, Hazelnuts
- ❖ Tamari Almonds (one of my favorites!)
- ❖ Nature's Path Oatmeal Packets - simply add boiling water and you have delicious oatmeal!
- ❖ Hummus & Rice crackers (the hummus can be stored in the fridge)
- ❖ Veggie sticks prepared by your partner before you go into hospital
- ❖ Favorite muesli mix or cereal with non-dairy milk (almond, soy, rice)
- ❖ Wholemeal sourdough toast with nut butter (my personal favorite is macadamia nut butter)

- ❖ Dates & Pistachios
- ❖ Water, Coconut Water to stay hydrated!

HOSPITAL BAG FOR MAMA

- ❖ Birthing Plan (copy for Doctor, Nurse, and Partner)
- ❖ Toiletries (face wash, shampoo & conditioner, toothpaste, toothbrush)
- ❖ Bath robe
- ❖ Comfortable, loose clothing (x3 sets)
- ❖ Cardigan or Sweatshirt jacket to easily zip and remove
- ❖ Favorite blanket
- ❖ Nursing bras/Nursing tops (x3)
- ❖ Nursing pads
- ❖ Maternity pads (x2 packages)
- ❖ Nipple cream
- ❖ Wash cloth, face towel, and towel from home
- ❖ Pillow from home
- ❖ Candle for room
- ❖ Music playlist
- ❖ Swim suit and swimmers for your Partner if you are planning an water birth
- ❖ Change of clothes for your Partner if they are staying over night
- ❖ Camera or video camera (charged!)

THIRD TRIMESTER EXERCISE

In the third trimester, I encourage you to rest, restore, and conserve your energy. This might be a time to tone down some of the exercises that you have been doing throughout pregnancy and to take further modifications for safety and your growing baby. Simple movements and stretches become increasingly more challenging as our belly grows and again remember to focus on balance. A chair or a wall is a great prop to use for support and balance as you move through some stretching.

Do you feel yourself huffing and puffing a bit more than normal? If so, breathlessness is totally common during this time as our bub is growing very quickly and our uterus is pushing up into our diaphragm, which then pushes up into our lungs. Sometimes this can happen if you are carrying higher as well. I sometimes felt this even when I was walking up hill or having a long conversation. Not to worry, bub is just taking up the space that she needs.

This is a time to again focus on breathing and connection with Baby. Positive thinking, a restorative yoga practice, meditation, and visualizations are wonderful during this time. All of these are tools that will stay with us not only for the rest of our life, our Baby's life, but also in the immediate future in our labor and delivery. The repetition of these practices will become part of who we are and bring a sense of calm when it is time for our Little One to join the physical world!

Feeling a bit heavy and that it is all too hard to get around? A wonderful option is to go to your local pool or beach (I am a fan of the salt water!) and do some simple aqua aerobics. The feeling of weightlessness and buoyancy is complete bliss. The salt water pools along the beaches in Sydney were a wonderful option for me to have a safe place to wade, do gentle movements, and feel enlivened. Just be careful when you step out! That lovely feeling as 'light as a feather' quickly fades as you step back into Mama mode with carrying baby's weight!

During my third trimester I continued to do prenatal yoga with some modifications for my growing belly. I still loved to have long walks with Hubby. To some it might have looked like he was walking and I was waddling! We took a lot of walks around dusk and found the temperature to be cooling and relaxing. We loved having white cockatoos and kookaburras singing to us as we moved, breathed, and imagined our little girl that would soon be joining us in the world. I also stuck with Tracy Anderson's: The Pregnancy Project to continue to tone and strengthen my body gently right up to my final weeks of pregnancy. Not only was it important for me to strengthen my physical body but it was also important for me to nourish, strengthen, and deepen my internal awareness with meditation and relaxation.

*Trust Your Inner Wisdom
Just as a woman's heart knows
how and when to pump
her lungs to inhale
and her hand to pull back from fire
so she knows
When and How to Give Birth
-Virginia Di Orio*

PART THREE

Finding you Inner Strength to Glow

“*Birth is not only about making babies. It’s about making mothers; strong, competent, capable mothers who trust themselves and believe in their inner strength*”

**Barbara Katz
Rothman**

“*Giving birth and being born brings us into the essence of creation, where the human spirit is courageous and bold and the body, a miracle of wisdom*”

Harriet Hartigan

Prenatal Yoga

“It is not very often and shortly lived that we are blessed with having more than one heart.”

-Dori, Founder of Your Zen Yoga



Yoga is the Sanskrit word for ‘Union’ and creates the perfect space to develop a union within ourselves and Baby. Prenatal yoga powerfully contributes to the total

wellness of Mom and Baby during pregnancy. It is a practice that enables us to connect with the bright light of Baby within us and to begin a relationship that will last throughout motherhood.

My personal love of yoga lead me to a regular practice and later becoming a yoga teacher. It was a natural choice for myself to practice prenatal yoga during my pregnancy and hopefully I can spark you inner fire to add some prenatal yoga into your's and bub's 9 months together. It builds strength in the body, clarity of thought, and creates internal peace and awareness. Some of the many physical benefits that practicing prenatal yoga can give Mom is building strength and stamina for labour, deepening our breath and awareness of Baby, reduce risk of preterm labour, reduce high blood pressure, reduce risk of gestational diabetes, improved joint flexibility and movement, and allows Mom to cultivate peaceful mental clarity. To me there is no other better way to connect with Baby than to begin or deepen your own personal yoga journey.

Benefits of Prenatal Yoga:

- ❖ Increases Total Wellness for Mom & Baby
- ❖ Movement & Exercise
- ❖ Building Strength & Stamina for Labour
- ❖ Building Breath Awareness
- ❖ Develops Internal Peace & Mental Clarity
- ❖ Flexibility
- ❖ Reflection & Connection with Baby
- ❖ Strengthens Immune System



I encourage you to use props whilst practicing as they provide support to the body, aid in alignment and balance, and give you peace of mind to relax into a posture knowing that the body is supported.

Props may include:

- ❖ a chair
- ❖ a wall
- ❖ straps
- ❖ blocks
- ❖ bolsters (which aid in supporting the body)



11 Prenatal Yoga Poses

Whether you are an experienced yogi or are a beginner these Prenatal Yoga Poses will nourish your's and baby's health, build strength and stamina, balance your energy, cultivate breath, and create a priceless union with your Baby that will continue to flourish. A regular practice will create a state of harmony for yourself and Baby and give you tools and awareness for bringing your precious Bub into the world!

*If you have physical limitations and concerns with moving through yoga postures, please consider first taking a prenatal yoga class, restorative yoga class, or yoga therapy class under the guidance of a qualified yoga teacher.

*For further detail, instruction, and images on how to move through the following prenatal yoga postures, please refer to the Prenatal Yoga PDF.

*Please be mindful of your body and where you are at each day that you practice as our body and balance is constantly changing.

1. Balasana (Wide Legged Child's Pose) – Beautiful resting position, aids in stretching the groin and great flexion in the hip joints, stretches and releases the lower back. It brings a sense of peace and is a wonderful pose to include during contractions in labour. It reminds you to rest and reconnect with breath and Baby.

*Flow with
breath & movement
to cultivate your
inner powerhouse
of strength*

2. Bidhalasana (Cat Cow Pose) - Incredible strengthening and stretching for the spine. A sweet release for the lower back and opens the groin which aids in opening the hip joints. This is a great pose to include in labour in between contractions as it aids in releasing tense muscles along the spine.
3. Adho Mukha Svanasana (Downward Facing Dog) - Strengthening pose that stretches the back, shoulders, hamstrings, calves, and arches of the feet. It lengthens the spine and builds strength in the heart, arms, and legs. It also is wonderful in aiding digestion.
4. Ashva Sanchalanasana (Lunge Pose) - Strengthens the legs and arms and builds stamina. Stretches your groin, psoas, and opens your hips for labour.
5. Virabhadrasana II (Warrior II) - Strengthens the legs and arms, builds stamina, stretches your hips, aids in balance and stability, and aids in energizing the body
6. Prasarita Padottanasana (Wide Angle Forward Fold) - Great pose for promoting healthy digestion, opening the hip joints, releasing the lower back, and stretching the hamstrings and inner thigh muscles. I love the lengthening and sweet release of this pose along my spine.
7. Utkata Konasana (Goddess Pose) - Time to tune into your inner and outer Goddess! Build strength and stamina in your thighs and buttocks which will help you during labour. Tones the pelvic floor and cultivates your inner strength.
8. Malasana (Yogic Squat) - An excellent hip and groin opener that helps Mom prepare for labour and delivery by opening and shortening the birth canal. Great for strengthening the legs and working on the pelvic floor.
9. Baddha Konasana (Cobbler's Pose) Wonderful hip and groin opener and increases blood flow to the pelvis and abdomen. A calm restorative pose that allows you to focus inward and

breathe with Baby. It helps to prevent varicose veins during pregnancy.

10. Upavistha Konasana (Supported Wide-Angle Forward Fold) - Excellent posture for the groin and reproductive system, allows blood and energy to flow in the pelvic area, improves flexibility, and stretch the hamstrings.
11. Sukhasana (Easy Seated Pose) - Ideal for sealing your yoga practice and allowing the full benefits of all of the poses you have just done to flow through your body and to Baby. Rest your body, still the mind, and allow any remaining tensions to melt away. Helps to balance and calm the nervous system and most importantly allows you to cultivate inner peace. You can tap into this inner peace at any time and it will be a reservoir of calm for you in preparing for labour.

Enjoy these 11 Prenatal Yoga Poses and I hope they connect you with your sweet Little One and build the strength of body, mind, and spirit for your delivery!

Yoga Nidra

In addition to prenatal yoga I also practiced Yoga Nidra. Yoga Nidra is a powerful form of yoga that is a calm sleep based meditation technique that allows you to work on reactive patterns in the body and to deeply relax. For those of you who already practice yoga, think of it the world's most delicious savasana that allows bliss to bloom in the body.

I like to think of Yoga Nidra as an alert sleep state that allows my body to heal and transform on a cellular level. When the body is completely relaxed the 'prana' or life energy in the body can go where it needs to. We learn to relax on a physical level, release our mind, release tension and fear, and connect deeply within ourselves to reach a blissful state. The bliss and absolute relaxation that we can attain with Yoga Nidra allows us to connect and form a union with our baby. We become more aware, find peace, soften, prepare a mindset for labor, and are able to feel our oneness with baby.



Yoga Nidra also helps to keep us in balance and harmony with Circadian Rhythms.

“Every creature within nature, including human beings, operates according to what are known as diurnal or circadian rhythms - patterns of physiological functioning that repeat every 24 hours. Birds wake up with the sun and go to sleep when it sets. Some flowers open their petals in the daylight and close them again at dusk. In humans, specific bio-chemical patterns recur regularly and predictably, day after day. For example, cortisol, a stress-fighting hormone produced by the body and released into the blood stream to help cope with the stress of daily life, increases in the early morning hours and decreases in the evening. When we sleep, blood pressure, heart rate, and body temperature drop, then rise again in the morning. We are intimately connected to the daily rhythms of Mother Nature.” Dr. John Douillard

Yoga Nidra allows you to place yourself in a sleep-like state where we consciously adopt these rhythms to deepen balance, relaxation, and harmony in our lives. I think it is the perfect state to cultivate an awareness of our body, our connection with baby, and to find a place of oneness that we can come back to again and again and again. The ability to find this state within ourselves is truly a gift and so powerful when we are entering labor and delivery.

I urge you to find a yoga studio that offers Yoga Nidra and give yourself some pure ‘Mama’ time to practice some self-love. If you are not able to find a Yoga Nidra class, no worries! There are many awesome Yoga Nidra audios available to download instantly and have on hand. I had a few tracks that I enjoyed during my pregnancy and would do a Yoga Nidra practice often in the evenings at home. The beauty of Yoga Nidra is that you can practice it anywhere and simply need yourself, a place to rest, and perhaps your yoga mat and blanket.

To make it super simple and easy for you to get started and experience Yoga Nidra I have an audio recording for you. I suggest listening to it after a home yoga practice or at night before bed.

Tip:

1. If you are early in your pregnancy and it still feels comfortable for you, feel free to practice Yoga Nidra laying down flat on your back (savasana), set up with pillows under your knees and head, and a blanket to place over your body.
2. If you are in later stages of your pregnancy I recommend practicing Yoga Nidra laying on your left hand side on your yoga mat, along with a pillow under your head and pillow between your knees, and a blanket over your body.
3. An alternative position to practice is sitting reclined and propped up in your bed. Place pillows behind your back and under your knees to create a cocoon of comfort, place a blanket over your body.
4. I suggest these positions as I do not recommend laying flat on your back in pregnancy. This is due to the vena kava (large vein that begins around your belly button), which is responsible for delivering fresh blood to your uterus, which is providing blood and oxygen to your baby. When laying flat the vena kava can be compressed and delays blood flow to your heart and baby. Some mamas may experience dizziness or light headedness when laying flat. As a rule of thumb, I always try to sleep, practice savasana, and practice Yoga Nidra laying on my left hand side.

Meditation

“ Within **you** there is a *stillness* and a *sanctuary* to which you can retreat at any time and be **yourself**”

-Hermann Hesse

One of the most powerful and simplest practices that we can put into place for ourselves and our baby is a simple meditation practice. You might be thinking, “Meditation is just not for me... It is more for the yoga lovers and hippy types.” Meditation is for every single person on the planet. It allows us to find peace *within* ourselves and realize that peace actually *begins* with ourselves. If anything it allows you to become ‘present’ which is one of the most powerful tools in our Mama belt for labor and delivery.

I was raised in a family that practiced meditation and was introduced to it at a very young age. I was regularly meditating by the age of four and for myself saw the benefits of being able to tune out the outside world and tune in my inner world. I didn’t talk about it much during my childhood, but as time ticked over and I was in college, I found that it was just something that was so ingrained in my life and in my Soul that my enchantment with ‘tuning in’ became so easy to share with others. Meditation is the Universe’s most incredible and jaw dropping gift to human beings. There is no price tag on it. Anyone can practice it. Whether it is a small child, student studying for an exam, mama during pregnancy, entrepreneur making cutting edge deals, a doctor going into surgery, a person stranded on a desert island, an elderly person, or a person that is extremely ill and on their last breath. It is the gift that lies waiting within each and every one of us. It is the simple gift of turning our attention inwards and realizing the infinite peace and bliss that awaits us within.

“The more regularly and the more deeply that you meditate, the sooner you will find yourself acting always from a center of peace.”

-J. Donald Walters

Like anything in life, meditation takes practice. No one that I know learned how to speak French in one day or know how to fly an airplane in a day. We have teachers throughout our life for various subjects and they help to enlighten us on all of the various elements of the physical world. It is also through the power of repetition and daily practice that we are able to conquer the chatter of the mind and slowly bit by bit start to find our own inner awakening and peace. We are able to let go and live in the present.

You might think, how will I find time in my busy day to meditate? How can I possibly remember to include a meditation practice with all of the other hustle and bustlings of the day? Well practice makes perfect. We didn't remember to brush our teeth daily or drink eight glasses of water daily until we established a pattern and a routine. In the European Journal of Social Psychology a study was completed by Phillippa Lally and her team, on how habits are formed and how they are created. They found that on average it takes 66 days for a new behavior to become automatic. Everyone is unique and their response time to establish a new behavior will vary depending on their personality and circumstances.¹

If you have never tried meditating now is the perfect time to start! If you can give yourself and your growing little just 5 minutes a day to sit in silence - then you are well on your way to creating a wonderful habit. A habit that will last for the rest of your life and will give you incredible inner strength for your pregnancy and labor.

There are so many physical, emotional, mental, and spiritual benefits to meditation. Below are just a few of the reasons why you should make it a habit during your pregnancy!

- ❖ Unites body, mind, & spirit
- ❖ Relaxes the nervous system & reduces anxiety
- ❖ Releases fears
- ❖ Increases compassion & empathy
- ❖ Cultivates willpower
- ❖ Builds self-knowledge
- ❖ Brings harmony, balance, & peace

Having a meditation practice without a doubt helped me to enter my labor and delivery with a mindfulness of my body and knowledge of my powerful inner strength. I was able to leave my mind and enter into a space of being completely present. There were no fears. There was no anxiety. There was a calmness that my body was doing what it was meant to and that I was birthing my baby - one of the most incredible and priceless experiences in existence.

How do I meditate?

Meditation is the simple process of withdrawing our senses from the outside world and tuning our attention inside, to our inner world. It is sitting in silent prayer or contemplation.

Mama Meditation Simple Steps:

- ❖ Find a quiet and comfortable place to sit. (I like to sit in bed, propped with a pillow behind my back).
- ❖ Sitting cross legged, gently rest the arms at your side or on your legs.
- ❖ Close the eyes.
- ❖ Withdraw your outer senses (our sense of sight, smell, touch, taste, sound)
- ❖ Focus between and behind your two eyebrows.
- ❖ Gently look out into the darkness in front of you and with the tongue of thought repeat any mantra or name of God that resonates with you. For example: So Ham (pronounced So Hum), meaning “I am that”. It is a beautiful mantra that recognizes our oneness with the Universe. Or simply repeat “I am at peace” or “Love.”
- ❖ The repetition of a word or mantra will help to harness our mind and let go of any other thoughts that will try and bombard us all at once.
- ❖ As thoughts come to you, let them go and watch them drift away like clouds in the sky.
- ❖ Simply sit in silence, focus within, and repeat your mantra.
- ❖ Start by meditating just 5 minutes and then day by day increase your meditation to 10 minutes or more.

There is an inner world of bliss and peace for you to experience within your self. It is there, ready and waiting for you at any time. It takes a small effort on our part, but the reward of tapping inside and finding unlimited love and peace is priceless.



Affirmations & Intentions

Creating a positive mindset in life and especially during pregnancy is essential. By repeating affirmations and setting intentions regularly and on a consistent basis, we will set our mind to believe and fulfill our desired outcome.

This positive mindset allows us to channel in on what really matters to us and create a state of being that naturally brings fruitfulness to our lives. We steer away from negative thought patterns and the incessant chatter of the mind and instead create stillness and awareness of our hopes and dreams. The power of positivity that we possess in our being is incredible and we simply need to tap into that to have it flow into our lives in a constant stream.

During pregnancy we can often be bombarded with stories from other women on their pregnancy, labor, and delivery. During my pregnancy I was a part of a group of women that shared their

feelings and experiences as they progressed during their pregnancy and little one was developing. A lot of the time the stories and experiences were negative and sparked a flood of worrisome thoughts inside of myself. I quickly adjusted my involvement and chose to share positive thoughts and intentions with the other women. This helped to shift the mindset to a positive one to look forward to the weeks ahead and all of



*Breathe in
Open your heart
Breathe out
Receive bliss*

the developments and growth that was happening in myself and with baby. I chose not to dwell on 'what could happen' but instead on 'what an incredible natural progression of changes my healthy body and baby were developing through.'

I also, had a few experiences when women shared their 'horrendous' and 'painful' birth stories with me and I was in total shock and it honestly put me into panic mode. Words definitely have an imprint on us and can condition us to believe that those experiences must happen all the time and 'well if it happened to her, than it totally can happen to me' attitude. They can even float to the surface during our time of labour, bringing fear and panic, which can put a halt on a positive flow of energy. When friends or family want to share their birth stories, I would kindly pass or try to skip to another topic. We need to set ourselves up for the most incredible and profound experience of our life - creating and giving birth to our Little Miracles! Instead of filtering stories of fear and pain, we can choose to release our fears, build an inner reservoir of strength, and envision our little miracle entering the world in one of the best experiences of our life.

With the affirmations that follow, they should engage your senses so that you can clearly see them in your minds eye as though it were actually true. Even if this is a new concept for you or if you have given it a go once or twice - I urge you not to skip this essential step towards creating health and wellness for you and for bub. There is truth in the saying 'fake it till you make it' and MRI scans of brain activity have shown that the brain cannot tell the difference between images that it sees and images that it visualizes. I hope you use the affirmations and intentions below and feel free to create your own to use during pregnancy and during labour. Go ahead and imagine your sweet little one and open the flood gates of your love, unlock your reservoir of strength, and create a state of harmony and peace to bring them into the world!

AFFIRMATIONS & INTENTIONS FOR MUM & BUB

- ❖ I am a beautiful and glowing pregnant woman
- ❖ My body naturally prepares and creates space for my growing baby
- ❖ As I nourish my body I nourish my growing baby
- ❖ My body is a powerhouse that supports and nurtures my Little Miracle, enabling her to grow stronger every day
- ❖ I close my eyes and connect with you through gently placing my hands on my belly and I breathe. I inhale nourishment and softness, and when I exhale I breathe out anxiety and fear.
- ❖ My body naturally relaxes when I think of you and bringing you into the world
- ❖ I am sensitive to the world around me, which affects the world inside of me, and together we unite in our senses
- ❖ I love you

I have created space for you and send nourishment and love with my flow of breath I will soothe you with the vibration of my voice and together we will move in the melody of our hearts

I give thanks to my body that grows and is filled with strength and support for you

As I wrap my arms around my belly I will find stillness and share in the sweet joy of your movements and becoming a Mother

I love you

AFFIRMATIONS FOR LABOR & DELIVERY

- ❖ Giving birth is a natural process and my body is perfectly created to do it
- ❖ I feel an expansiveness like never before and I can't wait to hold my Little Miracle
- ❖ I am supported and in a safe place, surrounded by love. This natural process is set up for a perfect delivery for my perfect baby
- ❖ I see you surrounded with a warm loving Light inside of me and you are safe and in a perfect state
- ❖ Breathe, Release, Open and our Miracle will soon be with us
- ❖ I feel all my muscles relaxing and expanding for baby
- ❖ I use my breath to release tension and remove discomfort
- ❖ I continue to move and open my hips to make space for you down the birth canal
- ❖ I imagine a beautiful flower softly blooming, and similarly my body is blooming and opening for you
- ❖ My body knows how to give birth, just as my body knows how to grow my healthy baby
- ❖ I stay focused in the present moment and we are united in mind, body, and breath
- ❖ I use my breath to bring you into the world, with each inhalation I cultivate strength and with each exhalation I ease you into the world
- ❖ I love you and am ready to receive your sweet self into the world

*It is said that women in labor
leave their bodies...
they travel to the stars to
collect Souls of their babies,
and return to this world together*

-Anonymous

Tip: Create your own Affirmation Lists for each trimester. They will inspire you, your evolving body, baby, and mindset during your pregnancy. Print out the Affirmation Lists that are below and fill in for each trimester. I suggest filling in one trimester at a time and placing the list in a visible place (either on your refrigerator, desk, or tape it to your bathroom mirror). x

Glowing and Showing Affirmations

FIRST TRIMESTER

1

2

3

4

5

6

7

8

9

10

Glowing and Showing Affirmations

SECOND TRIMESTER

① _____

② _____

③ _____

④ _____

⑤ _____

⑥ _____

⑦ _____

⑧ _____

⑨ _____

⑩ _____

Glowing and Showing Affirmations

THIRD TRIMESTER

1

2

3

4

5

6

7

8

9

10

Glowing and Showing Manifesto for Mamas

UNITE WITH YOUR BABY AND OPEN YOUR ENTIRE BEING TO THE INCREDIBLE JOURNEY OF PHYSICAL, EMOTIONAL, AND SPIRITUAL GROWTH AHEAD OF YOU.

*Eat Clean and
Vibrant Foods*

GIVE COMPLETE NUTRITION
TO YOURSELF & BABY

FILL YOUR PLATE WITH A RAINBOW OF PLANT-BASED FOODS

Embrace your
evolving body &
blossoming belly

TRUST
THE INFINITE WISDOM
OF YOUR BODY

BREATHE • NOURISH • NURTURE

LIVE CONSCIOUSLY. LISTEN TO YOUR INSTINCTS. LIVE YOUR TRUTH.

RELAX YOUR MIND.

restore

LET LOVE
consume
your being.

BE PRESENT
TWO HEARTS
BEAT AS ONE.

Flow with movement and cultivate your powerhouse of strength

LET GO OF FEAR
AND BE AMAZED BY
YOUR STRENGTH

ALLOW YOUR STRENGTH, RESILIENCE,
AND POSITIVE MINDSET
LEAD IN LABOR.

PART FOUR

Recipes to Nourish and Thrive

*“ Eat clean
and vibrant
foods*

*“ Fill your plate
with a rainbow
of plant-based
foods*

*“ Give complete
nutrition
to Yourself
and Baby*

Juices & Smoothies

GREEN POWER

Wash and juice all items x

Ingredients

- ❖ 2 celery stalks
- ❖ 1 cucumber, peeled
- ❖ 1 green apple
- ❖ 5 kale leaves (stem removed)
- ❖ 5 romaine lettuce or butter lettuce leaves
- ❖ Handful of spinach
- ❖ 1/2 lemon, freshly squeezed
- ❖ 3 cm ginger

GREEN BEET POWER JUICE

Wash and juice all items x

- ❖ 1 raw beet (medium size)
- ❖ 4 carrots
- ❖ 2 handfuls of fresh spinach
- ❖ 1 green apple

BEAUTY BEET JUICE

Wash and juice all items x

- ❖ 1 raw beet (medium)
- ❖ 4 carrots
- ❖ 1/4 pineapple, chopped
- ❖ 1 handful of fresh mint

PEACHY KALE MACA DREAM SMOOTHIE

Blend below goodies and enjoy! x

- ❖ Handful of macadamia nuts
- ❖ 1 Banana
- ❖ 1 Peach
- ❖ 2 handfuls of dinosaur kale
- ❖ 1 handful of blueberries
(I like to freeze fresh blueberries for smoothies)
- ❖ 1 tsp chia seeds
- ❖ Splash of fresh orange juice
- ❖ Blend, Pour, and sprinkle top with chia seeds

COCONUT BLUEBERRY BLISS SMOOTHIE

Blend below goodies and enjoy! x

- ❖ 1 banana
- ❖ 1 nectarine
- ❖ 2 handfuls of blueberries

- ❖ 2 heads of bok choy
- ❖ 1 handful dinosaur kale
- ❖ 2 tbsp white chia
- ❖ 4 tbs shredded coconut
- ❖ splash of orange juice

Serve with a sprinkle of shredded coconut on top!

STRAWBERRY BANANA SPINACH SMOOTHIE

Blend below goodies and enjoy! x

- ❖ 1 banana
- ❖ 6 strawberries
- ❖ 2 cups fresh spinach
- ❖ 2 tbsp white chia
- ❖ handful of cashews
- ❖ splash of orange juice

Breakfast

LOADED OATMEAL

Ingredients

- ❖ 1/2 cup organic rolled oats
- ❖ 1 cup water
- ❖ 2 tsp raw honey
- ❖ Top with walnuts, blueberries, flax seeds, and shredded coconut

Instructions

1. Add oats and water to a pan. Bring to a gentle boil (use more or less water depending on the consistency you would like for your oats).
2. Stir well for approx 5 minutes or until oats are cooked.
3. Remove from heat and serve. Drizzle with raw honey and toppings.

Enjoy this simple, humble, breakfast to jumpstart and fuel your day!

SMASHED AVO ON TOAST

Ingredients

- ❖ 1 avocado, diced
- ❖ 1 freshly squeezed lemon
- ❖ Celtic sea salt to taste

- ❖ Freshly ground black pepper to taste
- ❖ 1-2 slices organic oat sourdough, toasted

Instructions

1. Place diced avocado in small bowl. Add lemon juice, sea salt, and black pepper. Mash with fork until blended and creamy.
2. Smash and smother this ridiculously good avocado mixture on top of freshly toasted sourdough. Enjoy!

MUESLI WITH COCONUT YOGURT

Ingredients

- ❖ 1/2 cup favorite muesli mix (I like Byron Bay Macadamia Muesli)
- ❖ 1/4 cup coconut yogurt
- ❖ 1/4 cup fresh berries
- ❖ Sprinkle of flax seeds and chia
- ❖ Optional: splash of non dairy milk

Instructions

Simply layer ingredients into a bowl. Sprinkle toppings and enjoy! Feel free to add or modify any of the ingredients to suit your taste buds.

SCRAMBLED TOFU

Ingredients

- ❖ 1 package firm tofu
- ❖ 1 large onion, diced

- ❖ 1 green pepper, diced
- ❖ 1/4 bunch cilantro, chopped
- ❖ 2 tsp nutritional yeast
- ❖ 2 tsp turmeric
- ❖ 1 tsp sea salt
- ❖ 1 tsp chia seeds
- ❖ Sprinkle of chili

Instructions

1. Add chopped onion and green pepper to saute pan with a little bit of water. Saute for approx 3 min.
2. Rinse firm tofu and crumble. Add crumbled tofu to the onion and green pepper.
3. Add tumeric, nutritional yeast, chia seeds, chili, and sea salt. Turn up heat and cook for approx 10 min, add a little water if needed.
4. Turn off from heat and sprinkle with chopped cilantro. Serve with sourdough or spelt toast!

VEGGIE BREKKIE

One of my favorite go to breakfasts! It hits all the right spots for yumminess!

Ingredients

- ❖ 2 slices of wholegrain sourdough toast
- ❖ 1 tomato, sliced
- ❖ 1/2 avocado, sliced
- ❖ 1/2 cup mushrooms

- ❖ 1/2 cup cannelli beans
- ❖ slice of lemon

Instructions

1. Option to slice your tomato raw or roast your tomato with fresh herbs and sea salt.
2. Saute mushrooms and cannelli beans with a bit of water and fresh herbs and sea salt.
3. Slice your avocado and fresh lemon wedge. Arrange all goodies on a large plate with your fresh toast. Enjoy!

Snacks & Nibbles

FRESH SALSA

Ingredients

- ❖ 8 ripe tomatoes, quartered
- ❖ 1/2 large onion
- ❖ 1/2 cup cilantro
- ❖ 1/2 green chile
- ❖ Sea Salt

Instructions

1. Wash all items and place into Vitamix.
2. Blend until desired consistency. I like a little bit of chunkiness!
3. Enjoy with tortilla chips, fresh whole grain pita bread, topped on corn fritters, or topped onto your favorite Mexican dish.

HOLY GUACAMOLE

Ingredients

- ❖ 2 large avocados, mashed
- ❖ 1/2 tomato, diced
- ❖ 1/4 red onion, diced
- ❖ 1 lime, freshly squeezed
- ❖ Handful of fresh cilantro, minced
- ❖ Sea Salt to taste
- ❖ Dash of Cayenne or Chili

Instructions

1. Mash avocados in large bowl.
2. Add diced tomato, red onion, lime juice, and cilantro. Stir well.
3. Add salt and cayenne to taste. Enjoy with veggie sticks, corn chips, or on a big burrito!

DILL HUMMUS

Ingredients

- ❖ 1 cup dried chick peas
- ❖ 4 tbsp tahini paste (option no tahini: 1 tsp tamari sauce & 4 tbsp veggie broth)
- ❖ 1/2 fresh squeezed lemon
- ❖ 4 cloves garlic, crushed
- ❖ 1/4 tsp sea salt
- ❖ 1/4 bunch dill, chopped
- ❖ Optional: Sprinkle top with sesame seeds, paprika, and additional dill

Instructions

1. Cook chickpeas till soft and remove any outer skins
2. Add all ingredients to blender or food processor.
3. Blend until whipped and creamy. Top with fresh dill and enjoy with your favorite veggie sticks or rice crackers.

BLACK BEAN DIP

Ingredients

- ❖ 2 cans black beans, rinsed
- ❖ 1 small onion, diced
- ❖ 1 large tomato, diced
- ❖ 2 garlic cloves
- ❖ 1/2 green chile, deseeded
- ❖ 1/4 cup cilantro
- ❖ 1 tsp cumin
- ❖ 2 tsp fresh lime juice
- ❖ 2 tsp apple cider vinegar
- ❖ 1/2 tsp sea salt

Instructions

1. Toss all ingredients into your blender or food processor. (I like to use my Vitamix)
2. Blend until whipped and creamy. Top with any additional sea salt or cilantro.
3. Dig in and enjoy with your fav pita chips, veggie sticks, or even as a base for black bean quesadillas.

LOADED TRAIL MIX

A super quick and easy snack to prepare and keep on hand. I used to make small containers to keep in my purse for on the go nourishment.

Ingredients

- ❖ 1/2 cup tamari almonds
- ❖ 1/2 cup cashews
- ❖ 1/2 cup brazil nuts
- ❖ 1/4 cup sunflower seeds
- ❖ 1/4 cup pumpkin seeds
- ❖ 1/4 cup raisins
- ❖ 1/2 cup dried banana chips

Toss together in a large container and store in the refrigerator. Pack an individual serve for on the go nibbles and make any combo of your favorite goodies! x

Salads

GARDEN SALAD

Looking for something light and simple to compliment a main meal or light lunch? Look no further and toss these simple ingredients together. x

Ingredients

- ❖ 2 cups romaine lettuce, chopped
- ❖ 1/4 cup cucumber, chopped
- ❖ 1/4 cup cherry tomatoes, diced
- ❖ 2 tbsp kalamata olives, sliced
- ❖ 2 tbsp sunflower seeds

Simple Dressing

- ❖ Apple Cider Vinegar
- ❖ Olive Oil (optional)
- ❖ Fresh herbs
- ❖ Sea salt

Add all ingredients, shake, and drizzle.

WOMBOK SALAD & SESAME NO OIL DRESSING

No Oil Sesame Dressing

- ❖ 1 tbs sesame seeds
- ❖ 2 tbs tahini (sesame paste)
- ❖ 2 tbs tamari sauce
- ❖ 2 tbs rice vinegar or coconut vinegar
- ❖ 2 tbs caster sugar

WOMBOK SALAD

Ingredients

- ❖ 1 carrot, peeled, cut into matchsticks
- ❖ 1/2 green pepper, sliced
- ❖ 65g (1 cup) bean sprouts, trimmed
- ❖ 1/2 baby wombok (Chinese cabbage), chopped
- ❖ 1 bunch cilantro, chopped
- ❖ Optional: soaked and chopped almonds to drop on top for an extra crunch!

Instructions

Layer all ingredients beginning with the wombok. Drizzle with sesame dressing and enjoy!

ASIAN GODDESS SALAD

Ingredients

- ❖ 1/2 baby wombok
- ❖ 1/2 cup mixed lettuce leaves
- ❖ 1 carrot, peeled, shredded
- ❖ 1/2 cucumber, shredded
- ❖ 1/2 cup pineapple, diced
- ❖ 1/2 cup cilantro, chopped
- ❖ 1 tomato, diced
- ❖ 1/2 cup, tofu, diced
- ❖ 1/2 cup bean sprouts
- ❖ 1/4 red onion, thinly sliced
- ❖ Crushed peanuts
- ❖ Lemon wedge

Coconut Chili Peanut Dressing:

- ❖ 1/4 cup peanut butter
- ❖ 1/4 cup coconut milk
- ❖ 4 tsp brown rice vinegar
- ❖ 2 tsp tamari sauce
- ❖ 1 tsp chili sauce/flakes of choice
- ❖ Sea salt to taste

Blend all items together.

Instructions

Wash, prepare, and layer all ingredients. Sprinkle crushed peanuts on top. Drizzle with Coconut Chili Peanut Dressing.

KALE & CARROT SALAD

Ingredients

- ❖ 6-8 leaves kale
- ❖ 1 carrot, peeled
- ❖ 1/2 avocado, diced
- ❖ 1 tbsp sesame seeds
- ❖ Pinch of Sea Salt
- ❖ Tahini Dressing (see recipe)

Tahini Dressing

- ❖ 1/4 cup tahini
- ❖ 1/4 cup apple cider vinegar
- ❖ 1 fresh squeezed lemon
- ❖ 1 garlic clove, minced
- ❖ 1 tbsp tamari
- ❖ Pinch of fresh parsley

Instructions - Dressing

Whisk all ingredients together! This mouthwatering dressing will burst with flavor on your favorite salad and really adds some power to the kale and carrot salad.

Instructions - Salad

1. Wash kale thoroughly. Shred kale leaf away from strong internal stem. (The stems are bitter and are best left out of the salad!). Place shredded kale into a bowl and add a pinch of sea salt. Squeeze with hands to 'soften' and allow the kale to absorb and break down with the pinch of salt.

2. After kale sits for approx 10 min add peeled carrot, avocado, and sesame seeds
3. Toss with Tahini dressing

SOUTH OF THE BORDER SALAD

Yummo! This bad boy is one of my all time favorites. I have a love for anything Mexican and baby seems to love it too.

Ingredients

- ❖ 2 cups cos or romaine lettuce, chopped
- ❖ 1/4 cup extra firm tofu, cubed
- ❖ 1/2 cup black beans
- ❖ 1/2 cup corn
- ❖ 1/4 cup cilantro, chopped
- ❖ 1 tomato, diced
- ❖ 1/4 cup olives, diced
- ❖ 1/2 avocado, diced
- ❖ Freshly ground black pepper to taste

Toss and sprinkle with crumbled tortilla chips. Drizzle with Cilantro-lime Peanut dressing.

Cilantro-lime Peanut Dressing

- ❖ 1/4 cup cilantro
- ❖ 1/2 fresh squeezed lime
- ❖ 1/4 cup natural peanut butter
- ❖ 3 cloves garlic
- ❖ 4 tbsp apple cider vinegar

- ❖ 1 tbsp brown sugar
- ❖ 1/4 cup olive oil (optional)

Add all ingredients to Vitamix or food processor.

Optional: If using, add oil last.

RAINBOW SALAD

Ingredients

- ❖ 2 cups mixed greens
- ❖ 1/2 red pepper, sliced
- ❖ 1/4 cup green cabbage, shredded
- ❖ 1/4 cup red cabbage, shredded
- ❖ 1/4 cup carrot, shredded
- ❖ Handful chopped cilantro
- ❖ 2 tsp chia seeds
- ❖ 2 tsp pumpkin seeds
- ❖ 2 tsp sunflower seeds

Toss with your favorite dressing!

TEMPEH CHICKPEA SALAD

Ingredients

- ❖ 1 8 oz package of tempeh, diced
- ❖ 1 cup romaine, chopped
- ❖ 1 can chickpeas, rinsed and drained
- ❖ 1 carrot, shredded

- ❖ 1 celery stalk, minced
- ❖ 4 tbsp sunflower seeds
- ❖ fresh herbs of choice (I like dill, parsley, or basil)

Creamy Dressing

- ❖ 5 tbsp apple cider vinegar
- ❖ 3 tbsp veganaise or hummus
- ❖ 2 tbsp mustard
- ❖ 2 tbsp nutritional yeast flakes
- ❖ Sea salt and black pepper to taste

Instructions

1. Whisk dressing ingredients together.
2. Combine tempeh, chickpeas, carrot, and celery in a bowl. Add dressing and toss through ingredients.
3. Place mixture onto bed of greens. Top with sunflower seeds and herbs.
4. Optional to pop this bad boy into a pita pocket for a yummy and fresh sandwich.

Mains

LOADED CORN FRITTERS

Ingredients

- ❖ 1 can corn
- ❖ 1 zucchini, shredded
- ❖ 1 carrot, shredded
- ❖ 1 small onion
- ❖ 1/4 cup cilantro, chopped
- ❖ 1/2 cup wholemeal self raising flour
- ❖ 2 tbsp egg replacer
- ❖ splash of non dairy milk
- ❖ Sea salt & fresh ground pepper
- ❖ Top with fresh salsa (see recipe in 'Snacks and Nibbles')

Optional sides: I love to enjoy these scrumptious fritters with a side of freshly sliced avocado, sliced tomato, and roasted tomatoes. (Throw in a slice of whole grain toast for complete yumminess!)

Instructions

Add all ingredients to a large mixing bowl. I like to start with veggies then add flour, egg replacer, splash of milk, and seasoning.

Stir well.

Form small patties and place approx 4 at a time on a large frying pan. I like to use coconut oil for frying. Cook on med heat for approx 5 min and then flip for another 5 min.

Enjoy x

CINNAMON MOROCCAN LENTILS & RICE

This is a warming dish that I always enjoyed when I felt like I needed some gentle and filling nourishment.

Ingredients

- ❖ 1 1/2 cup red lentils, rinsed
- ❖ 1 onion, diced
- ❖ 2 stalks celery, diced
- ❖ 2 cups tomatoes, diced
- ❖ 1 can chickpeas, rinsed
- ❖ 1/2 cup fresh cilantro, chopped
- ❖ 2 tsp ground coriander
- ❖ 1 tsp cinnamon
- ❖ 2 tsp turmeric
- ❖ 1 bay leaf
- ❖ 2 tsp fresh lemon juice
- ❖ Sea salt to taste
- ❖ 2 cups cooked brown rice

Instructions

1. Saute onion and celery in small amount of water until translucent
2. Add red lentils, tomatoes, chickpeas, seasoning, and 3 cups water. Bring to a gentle boil for approx 20 min
3. Add cilantro and lemon juice. Stir. Enjoy over cooked brown rice.

BLACK BEAN QUESADILLAS

Ingredients

Black bean dip filling:

- ❖ 2 cans black beans, rinsed
- ❖ 1 small onion, diced
- ❖ 1 large tomato, diced
- ❖ 2 garlic cloves
- ❖ 1/2 green chile, deseeded
- ❖ 1/4 cup cilantro
- ❖ 1 tsp cumin
- ❖ 2 tsp fresh lime juice
- ❖ 2 tsp apple cider vinegar
- ❖ 1/2 tsp sea salt

Tortillas of choice

(I like to use Ezekiel 4:9 Sprouted Whole Grain Tortillas)

- ❖ 1/2 onion, diced
- ❖ 1/2 green pepper, diced
- ❖ 1 cup mushrooms, diced
- ❖ 2 tsp apple cider vinegar
- ❖ Optional: non dairy shredded cheese

Instructions

1. Toss all black bean dip ingredients into your blender or food processor. (I like to use my Vitamix). Blend until whipped and creamy.

2. Saute onion, pepper, and mushrooms with apple cider vinegar for approx 5 min. Remove from heat and set aside in bowl.
3. Spread bean dip on half of a tortilla and then layer with sautéed veggies and optional non dairy cheese.
4. Place loaded tortilla on heated frying pan and then fold over the remaining half of tortilla. (Can spray with coconut oil prior use)
5. Press folded tortilla with spatula and cook for approx 5 min. Flip and cook on the other side.
6. Cut tortilla into quesadilla slices and plate. Make any remaining tortillas with remaining ingredients.

Tip: I like to keep the oven heated and place cooked quesadillas inside the oven as I make the remaining quesadillas if I am serving more than myself. Store any remaining quesadillas for another meal.

Enjoy with a side of shredded lettuce, fresh salsa, and holy guacamole.

THAI GREEN VEGGIE CURRY

Ingredients

- ❖ 4 cups cooked brown rice
- ❖ 1/2 cup vegetable broth
- ❖ 3 cloves garlic, minced
- ❖ 1 large onion, chopped
- ❖ 1 green pepper, diced
- ❖ 1 red pepper, diced
- ❖ 1 cup snow peas

- ❖ 1 cup cauliflower, diced
- ❖ 2 tomatoes, diced
- ❖ 1 cup cabbage, shredded
- ❖ 1 cup carrots, shredded
- ❖ 3 tbsp tamari sauce
- ❖ 3 tbsp thai green curry paste (no fish sauce, no oyster sauce)
- ❖ 1 tsp sambal oelek
- ❖ 1 can coconut milk
- ❖ 1 handful fresh coriander, chopped
- ❖ 1 handful fresh basil, chopped
- ❖ 1 lime, sliced into wedges

Instructions

1. Use a large soup pot and sauté the broth, onions, garlic, and peppers for approx 4 min
2. Add thai green curry paste and samba oelek, gently stir to coat (add as much or little as you like depending on how hot you would like the dish)
3. Add cauliflower, snow peas, cabbage, carrots, and tamari sauce. Stir, cover, and cook until veggies are soft
4. Add cooked brown rice, coconut milk, tomatoes, and freshly chopped coriander and basil. Stir and cook for a few minutes.
5. Serve in bowls and garnish with chopped basil, coriander, and lime wedge!

EASY VEGGIE CHILI

Ingredients

- ❖ 2 cans kidney beans, rinsed
- ❖ 1 can corn, rinsed
- ❖ 2 cans diced tomatoes
- ❖ 2 cups water
- ❖ 1 onion, minced
- ❖ 2 celery stalks, minced
- ❖ 2 carrots, diced
- ❖ 1/2 green chili, deseeded & minced
- ❖ 1/2 green pepper, diced
- ❖ 4 tbsp kalamata olives
- ❖ 4 tbsp nutritional yeast
- ❖ 1/2 tsp sea salt
- ❖ 1/2 tsp chili
- ❖ fresh parsley to taste
- ❖ 2 cups cooked brown rice

Instructions

1. Saute celery, carrot, and onion in a bit of water. Approx 5 min.
2. Add beans, corn, green pepper, green chili, tomatoes, olives, water, and seasoning.
3. Cook approx 20 min on medium heat. Stir in parsley and serve over a bowl of brown rice. Add any additional salt as needed.

POTATO PESTO GNOCCHI

This is one of my mouthwatering favorites that I enjoyed quite a lot as a filling and savory meal. I tended to want this meal more during my second trimester when I felt like I wanted a hearty serving of yumminess.

Ingredients

- ❖ 1 cup potato gnocchi (ensure no eggs)
- ❖ 2 tomatos, diced
- ❖ 1 cup spinach
- ❖ 1/2 cup mushrooms, chopped
- ❖ 1/4 cup kalamata olives, chopped
- ❖ 1/4 cup fresh pesto sauce
- ❖ Sea salt, fresh ground pepper, red pepper flakes to taste

Instructions

1. Cook potato gnocchi. Approx 5 min or until the gnocchi floats to the top of boiling water. Drain.
2. With a small amount of water, saute tomato, mushrooms, olives, and seasoning.
3. Add cooked gnocchi and spinach. Top with pesto sauce and stir. You can determine how much pesto sauce to your taste. Normally, I coat the gnocchi with about 5 tbsp pesto.
4. Enjoy hot with a side green salad! x

VEGGIE BLT

Bam! This is a yummy sandwich to have for lunch or dinner when you want a super filling and tasty meal.

Ingredients

- ❖ 5 strips tempeh
- ❖ 1 tomato, sliced
- ❖ 2 romaine or iceberg lettuce leaves
- ❖ 3 slices of avocado
- ❖ 2 tbsp vegenaïse (check out your local health food store for eggless mayo)
- ❖ Sea salt & black pepper to taste
- ❖ 2 slices wholemeal bread

Instructions

1. Use a small amount of coconut oil to fry the tempeh. Flip tempeh to cook on both sides, approx 3-5 min.
2. Toast wholegrain bread. Spread vegenaïse on both slices and layer with tomato, avocado, lettuce, and cooked tempeh.
3. Sprinkle sea salt and fresh ground black pepper to taste. Eat warm and enjoy! x

BEAN BURRITO STACK

Ingredients

- ❖ 6-10 tortillas (whole wheat, corn)
- ❖ 2 cups cooked brown rice
- ❖ 2 cups pinto beans, cooked
- ❖ 1/2 onion, diced
- ❖ 1/2 red pepper, diced
- ❖ 1/4 cup olives, diced
- ❖ 2 cloves garlic, minced
- ❖ 1 tsp mexican spices
- ❖ Sea salt to taste
- ❖ Optional: fresh jalapeño, sliced

Burrito Sauce Ingredients

- ❖ 8 large ripe tomatoes, diced and blended
- ❖ 1 tsp mexican spices
- ❖ 2 cloves garlic, minced
- ❖ Handful coriander, chopped
- ❖ Sea salt to taste
- ❖ Optional: simply use my 'Fresh Salsa' recipe to top burritos

Instructions

1. Add chopped onions, garlic, and pepper to a pot and simmer in water for approx 4 min
2. Add mashed & cooked pinto beans, olives, spices, and jalapeño. Add a splash of water and stir. Cook for approx 5 min

3. For the sauce - wash and blend tomatoes. In a sauce pan add garlic, blended tomatoes, coriander, and spices to taste
4. Preheat oven to 350F. Spread part of the burrito sauce on the bottom of a baking dish (size depends on how many burritos you are making!)
5. Lay a tortilla flat on a clean surface and spread part bean mixture and part brown rice down the middle of tortilla. Fold over the tortilla into a burrito and place in sauced baking dish.
6. Continue filling the remaining tortillas and line burritos in the baking dish. Top off with the remaining burrito sauce. Cover with foil and bake for approx 35 min
7. Save any remaining filling for a great dip and place in the fridge.
8. Serve with Holy Guacamole Recipe, Fresh Salsa, and green salad.

Garnish with chopped coriander and lime. Enjoy!

Simple Sweets

BLISS BALLS

Ingredients

- ❖ 1 cup almonds, soaked
- ❖ 1 1/2 cups sunflower seeds
- ❖ 1/2 cup shredded coconut
- ❖ 1/2 cup dessicated coconut
- ❖ 1/2 cup dates, chopped
- ❖ 1/4 cup cocoa or cacao powder
- ❖ 1/4 cup coconut oil
- ❖ 1/4 cup raw honey
- ❖ 1/2 tsp cardamom powder
- ❖ 1/2 tsp cinnamon powder
- ❖ Pinch of sea salt

To make with love:

1. Grind soaked almonds, sunflower seeds, and coconut in food processor. Grind to a course consistency. (soak almonds in water for 1 hour prior if possible)
2. Add chopped dates to the food processor with the ground mixture
3. Move the bliss mixture to a large mixing bowl and add - cardamom, cinnamon, cocoa powder, and pinch of salt. Mix it up!

4. Add coconut oil (may need to melt on stove top if in a solid state) and raw honey and knead the mixture with your hands. Get ready to get gooey!
5. Roll in the palm of your hand and shape into small bliss balls. Makes approx 30. After rolling into balls, roll them into the desiccated coconut to cover
6. Place bliss balls in refrigerator to chill and serve. Enjoy this nourishing treat with a cup of tea and a loved one!
7. Variations - you can play and add vanilla extract, goji berries, cacao nibs, macadamia nuts, pistachios, peppermint oil, orange oil, or roll balls into ground nuts!

MANGO BANANA CAKE

This light and refreshing mango banana cake is a winner during summer!

Ingredients - Cake

- ❖ 1 cup self raising flour
- ❖ 1 cup desiccated coconut
- ❖ 1 cup raw sugar
- ❖ 1 banana, mashed
- ❖ 1 tsp baking powder
- ❖ Pinch of sea salt
- ❖ 1 cup non dairy milk
- ❖ Optional: toss in a few chopped macadamias

Ingredients - Mango Topping Sauce

- ❖ 2 ripe mangoes
- ❖ 2 heaping tbsp macadamia nut butter
- ❖ 2 tsp sugar
- ❖ 2 tsp lemon juice

Instructions

1. Mix all the cake ingredients together. Pour into a greased loaf tin (can use Earth Balance non dairy butter)
2. Bake cake at 350 F for approx 40 min. It is lovely to serve warm or cooled.
3. Prepare the mango topping sauce - melt the macadamia nut butter in a small sauce pan.
4. Chop the mangoes and set aside. Add sugar and squeeze the mango pits into the melting nut butter, so any juice joins in the goodness! Yum! Throw pits away.
5. Simmer for a few minutes and then add the chopped mango. Simmer for another few minutes and then add the lemon juice. Stir.
6. Slice the cake and top with a scoop of the mango sauce. Sprinkle shredded coconut and optional chopped macadamia nuts to garnish.

BANANA WALNUT BREAD

This recipe has been a winner throughout my entire childhood and always brings me comfort and reminders of my own Mom cooking nourishing treats.

Ingredients

- ❖ 2 cups wholemeal flour
- ❖ 3/4 cup sugar
- ❖ 1 tbsp baking powder
- ❖ 1 tsp baking soda
- ❖ 1/2 tsp sea salt
- ❖ 1/4 cup coconut oil
- ❖ 1 1/2 cups mashed banana
- ❖ 1/4 cup non dairy milk (I use soy milk)
- ❖ 2 tsp vanilla extract
- ❖ 2 tbsp egg replacer
- ❖ 1/2 cup walnuts, chopped

Instructions

1. Combine all dry ingredients into a bowl.
2. Combine wet ingredients into a bowl (coconut oil, mashed banana, non dairy milk, vanilla extract, egg replacer, nuts)
3. Add wet ingredients to dry ingredients and mix just until moistened throughout batter.
4. Pour into a 9x5 in loaf pan (I like to line my pan with a little bit of coconut oil). Smooth top of batter.
5. Bake at 350 F for approx 1 hr. I like to test by inserting a toothpick in the middle of the bread, and if it comes out 'dry' with no batter on it, the bread is ready.

BLUEBERRY CACAO WHOLEMEAL MUFFINS

Ingredients

- ❖ 2 cups wholemeal or spelt flour
- ❖ 3/4 cup raw sugar
- ❖ 2 tsp baking powder
- ❖ 1 tsp baking soda
- ❖ pinch sea salt
- ❖ 1 tbsp egg replacer (Orgran or Ener-G Egg Replacer)
- ❖ 1/2 cup non dairy milk (almond, soy, or rice milk)
- ❖ 1/2 cup applesauce
- ❖ 1 tsp vanilla extract
- ❖ 1 tsp fresh lemon juice
- ❖ 1 cup blueberries
- ❖ 1/4 cup cacao nibs

Instructions

1. Preheat the oven to 350F.
2. Prepare the egg replacer - stir well with a bit of water to create a frothy mixture. Set aside
3. In a large bowl mix the dry ingredients: flour, sugar, baking powder, baking soda, sea salt
4. In a separate bowl mix the wet ingredients: egg replacer, non dairy milk, applesauce, vanilla extract, and lemon juice
5. Add wet mixture to the dry mixture and stir. Add the blueberries and cacao nibs and stir.

6. Using a lined muffin tin, spoon the muffin mixture into each cup. Sprinkle a few extra fresh blueberries on top of each muffin.
7. Bake for approx 25 min. I like to always check to see if they are done by sticking a tooth pick into a muffin and ensuring that it comes out nice and smooth (no batter!). If there is batter on the toothpick just bake for a few more minutes.

MAMA MIA LACTATION COOKIES

These bad boys are super yummy, healthy, and incredibly powerful for helping to establish and maintain a great milk supply for baby. I made these in my last trimester and continued making them once a week whilst breastfeeding. Even my hubby enjoyed them!

Breastmilk is filled with all the vitamins and nutrients that is needed for the first 6 months of life. It is perfectly orchestrated by our body for our littles and is filled with disease fighting antibodies and immune support for our growing bubs. It powerfully sets up our little's digestive systems with healthy flora 'invisible ninjas of health' and creates a healthy gut that is established from infancy through adulthood. Personally, I believe this is paramount in setting up digestive health and a resilient immune system for the rest of our life. Beyond the nutritional benefits are the numerous benefits we receive with connecting skin to skin with our babies. This connection and time spent whilst feeding, gives an emotional connection that only we can experience with our littles.

A few of the natural key ingredients for boosting milk supply are:

- ❖ Oatmeal
- ❖ Flax seed
- ❖ Brewer's yeast

I would recommend having about 1-2 lactation cookies daily whilst breastfeeding. I would often see the result by the evening and notice a fuller feeding time and often some leakage! :)

Tip: These are powerhouse cookies filled with lots of goodies for the body. I would recommend making a few batches ahead of time prior the arrival of your bundle of joy. Simply roll out the cookie dough and place in a freezable container. Freeze and bake when needed. Simply add a few more minutes to the baking time. I loved loved loved having these on hand and would often bake a few at a time, so I had them fresh in the house.

Ingredients

Dry Items:

- ❖ 1 1/2 cups flour (your choice of flour)
- ❖ 1 1/2 cups rolled oats
- ❖ 4 tablespoons brewer's yeast
- ❖ 1/4 cup shredded coconut
- ❖ 1 cup ground flax seeds (can grind whole flax seeds fresh in a processor or coffee grinder)
- ❖ 1 tsp baking powder
- ❖ 1 tsp baking soda
- ❖ 1 pinch celtic sea salt
- ❖ Pinch of cinnamon and nutmeg

Wet Items:

- ❖ 1 cup nut butter (almond butter, peanut butter, or delicious Manna Butter)
- ❖ 1/2 cup coconut oil
- ❖ 1 cup dairy free milk (soy milk, almond milk, or coconut milk)

- ❖ 3/4 cup brown sugar or your choice of sweetner *optional*
- ❖ 2 tsp vanilla extract
- ❖ 2 tsp egg replacer (I like ener-g egg replacer)
- ❖ 1 cup optional fillings: sesame seeds, sunflower seeds, chia seeds, chopped almonds or macadamias, cacao nibs

Prepare Lovingly:

1. Preheat oven to 350 F
2. Add and mix dry items together in a large bowl and set aside. Add and mix wet items together in a bowl. You may need to melt the coconut oil on the stovetop to have it in liquid form (which is ideal for mixing the batter). Save the optional fillings to add once the dry and wet have been combined.
3. Add the wet mixture to the dry mixture and stir. I like to start out with stirring with a wooden spoon and then gently fold and knead the batter with my hands. If you have any optional ingredients like chopped nuts or seeds to add to the batter, add them in now.
4. Roll batter into small balls and place on a cookie sheet. Bake until you get that sweet smell of cookies :) about 15 min, or until slightly golden on top or underneath.

I hope you enjoy these nutritious cookies for you and your sweet bub!

Suggested Reading

A few books, articles, and videos that I found inspiring, full of knowledge, and loaded with information is the following list. Just a note that not all of them recognize the incredible power of a plant-based diet - but they do contain bits of information that I found valuable and I chose to absorb what was best for me. I hope these suggestions serve you and your little one!

- ❖ What to Expect When You are Expecting, by Heidi Murkoff
- ❖ Joyous Childbirth Changes the World, by Dr Tadashi Yoshimura
- ❖ Buddhism for Mothers: A Calm Approach for Caring for Yourself and Your Children, by Sarah Naphtali
- ❖ Skinny Bitch, Bun in the Oven, by Rory Freedman & Kim Barnouin
- ❖ HypnoBirthing, The Mongan Method, by Marie F. Mongan, M. Ed., M.Hy.
- ❖ The Yoga of Birth, by Katie Manitsas
- ❖ Baby Love, by Robin Barker
- ❖ The China Study, by T. Colin Campbell, PhD
- ❖ Dr. McDougall's Diet for Pregnancy, <http://www.drmcDougall.com/misc/2011nl/jan/pregnancy.htm>
- ❖ Bacon, Eggs, and Gestational Diabetes during Pregnancy, <http://nutritionfacts.org/video/bacon-eggs-and-gestational-diabetes-during-pregnancy-2/>
- ❖ How long to detox from Fish prior Pregnancy, <http://nutritionfacts.org/video/how-long-to-detox-from-fish-before-pregnancy/>

- ❖ Mercury vs. Omega-3s for Brain Development, <http://nutritionfacts.org/video/mercury-vs-omega-3s-for-brain-development/>
- ❖ DDT in Umbilical Cord Blood, <http://nutritionfacts.org/video/ddt-in-umbilical-cord-blood/> copy straight out heart disease
- ❖ Avoiding Other Banned Pesticides, <http://nutritionfacts.org/video/avoiding-other-banned-pesticides/>
- ❖ The Business of Being Born, http://www.youtube.com/watch?v=KvljyvU_ZGE

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