



# The Mommy Plan Recipe Book

## Healing Meals:

## Simple Recipes for New Moms

By Valerie Lynn





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Traditional wisdom for modern moms. For the first time, food science, anatomy and medical science are put behind core tenets of the most holistic recovery program in the world. Recovery is a necessity, NOT a luxury, for new moms. Understanding the new nutritional needs of your post-baby body is the first place to start. Postpartum depletion is REAL and can last up to 10 years.

Pregnancy and impending motherhood are no doubt one of life's most significant experiences for most women. We plan everything down to the last onesie, but we find ourselves completely out of our element when it comes to holding space for ourselves to honor and heal our post-baby body; which mind you, has been put on a pedestal throughout pregnancy. We need to have "postpartum boundaries" in place that are not meant to keep people out but to hold space for ourselves when we need to rest, deal with painful breasts or doubled-over with after birth pains. That 'sacred postpartum space' is paramount for our healing.

# Warm Protein Pumpkin Pie Smoothie

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By [Cookie & Kate](#)

This was created for Healing Meals by Cookie & Kate; an amazing vegetarian cook who has a blog full of yummy recipes and great foody tips. Thank you, Cookie, & Kate!

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This is a combination of warm pumpkin pie, protein packed nut butter, and hints of earthy spices for a warm smoothie recipe. It is easy to whip up and should to be served at 142 F.

The main reason for this temperature is that during the healing process of postnatal procedures, a women's body will heal faster with warm foods. This can include common abdominal pain associated with post-birth and help prevent bloating.

You will need to warm up the ingredients over the stove to prevent "hot spots" that can occur when using the microwave. Remember to heat the ingredients over low heat to keep the vital nutrients and enzymes in their natural state.

### **Makes 1 24-ounce smoothie**

#### **Ingredients:**

- 1 cup pumpkin puree
- 1 teaspoon cinnamon, ground
- 1/4 teaspoon nutmeg, ground
- 1/4 teaspoon ginger, ground
- 1/3 cup agave nectar, pure maple syrup, or honey
- 4 Tablespoons nut butter, such as all-natural peanut
- 1 cup unsweetened almond milk
- 1/4 cup flaxseed meal

#### **Directions:**

- 1.) Place the ingredients in this order: flaxseed meal, peanut butter, spices, pumpkin puree, almond milk, and then the natural sweetener of choice. (honey, agave, stevia, maple syrup, date sugar, coconut sugar or molasses are the most popular alternatives to white sugar or artificial substitutes).
- 2.) Pulse the ingredients a few times and then turn the blender on high for 2 minutes. Use a rubber spatula to scrape down the sides and blend for 3 more minutes.
- 3.) Serve the smoothie in a tall warm glass and enjoy at once.

## Valerie Lynn, The Mommy Planner

Valerie Lynn is one of the leading New Motherhood Recovery Experts in the United States.

Valerie, known as The Mommy Planner, has been a major force in introducing and modernizing traditional after birth recovery practices, more specifically the Malay traditions, and treatments to women globally. Through her own 15-month experience of postpartum anxiety and OCD (obsessive compulsive disorder) after the birth of her son in 2007, Valerie turned to traditional feminine healthcare to re-balance her post-baby hormones and heal herself naturally through herbs, feminine-focused massage and an enriching diet.

Valerie benefited, first-hand, from Eastern medical practices first had while living in Asia for over 16 years and in Kuala Lumpur, Malaysia for 12 years. She researched, wrote and published her first book, *The Mommy Plan*, in Malaysia by way of the Malaysian Ministry of Health, Traditional Complementary Medicine department. Valerie conducted interviews in hospitals and in the field. Malaysia is leading the world in after birth care as it's Maternal Health Care policy provides each new mother (who chooses to give birth in a public hospital) 6-free, 2-hour body massage, treatments and abdominal wrappings. The result is Malaysia has one of the lowest rates of postpartum depression in the world at just 3.9%. *The Mommy Plan* is endorsed by several leading childbirth educational organizations in the U.S. and internationally.

Valerie's subsequent cookbook-in-development, *The Mommy Plan Recipe Book: Healing Meals: Simple Recipes for New Moms*, are recipes based on the postnatal nutritional guidelines in her first book. Recipes from this book are part of her Traditional Postpartum Practitioner course. A training course on the modernization of traditional postnatal recovery practices which covers a change in dietary needs, body therapy, treatments that assists a new mother's body to recover in a stronger, faster and more balanced manner.



Valerie has held positions such as Executive Director of the American Malaysian Chamber of Commerce and Principal of VLM Consultancy where she was provided strategic consultancy services for foreign companies entering the Malaysian and APEC markets.

Valerie serves on many organizations. She is part of the Board of Directors of the distinguished Malaysian NGO YASNITA, "Women's Pathway to Success" where she serves as an International Advisor on Postpartum Recovery Practices. She is International Country (PSI) Volunteer Co-coordinator for Malaysia of Postpartum Support International, a global organization in 138 countries. She is a Board Member of the International Maternity Institute and the After-Birth Project in the U.S. Valerie regularly contributes to articles, books, training programs. She aspires to improve the healing-care of new mothers in the United States and globally which, she believes, will reduce the high rates of postpartum depression. She is an approved speaker for Johnson & Johnson. Valerie resided. abroad for over 20 years with 16 years in Asia. She has lived in Japan, UK, Indonesia, Australia and Malaysia. Currently Valerie resides in Brooklyn, New York and regularly travels to Malaysia, Southeast Asia and Australia. For more details and up to date activities please see my [Press Release](#).

