
SHOPPING LIST FOR BOOSTING MILK SUPPLY



Alfalfa Capsules

Fenugreek {capsules or tea}

Fennel

Mother's Milk Tea

Brewer's Yeast

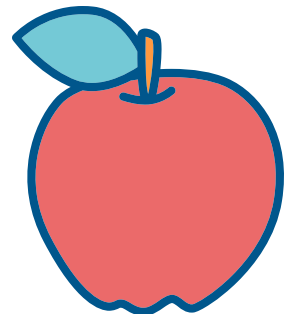
Oats

Flax Seed

Quinoa

Spinach

Salmon



Coconut Oil

Avocados

Avocado Oil

Asparagus

Brown Rice

