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The Tired Mum's Energy Fix



True Balance begins within

5 quick snacks and swaps for steadier energy, from one tired mum to another

Hello, tired mum,
If you're reading this with a cold cup of tea and a toddler attached to your leg, I see you. I'm Sara, a mum of three and a Naturopathic Nutritionist, and I've been exactly where you are.
Here's the good news: much of that bone-deep tiredness isn't a personal failing. Broken sleep, the demands of pregnancy and breastfeeding, and grabbing whatever's quickest all send your blood sugar and energy on a rollercoaster. Up, crash, biscuits, repeat.
The five swaps below are small, realistic and breastfeeding-friendly.
None of them need a spare hour or a fancy kitchen.
Pick one, try it this week, and notice how you feel.
Sara x

Your 5 energy swaps

1. Put protein on your breakfast plate

Try: eggs on toast, Greek yogurt with berries, or nut butter on wholegrain toast, instead of cereal or toast and jam on its own.
Why it works: protein slows down how quickly sugar enters your blood. That means steadier energy through the morning and fewer "I need a biscuit NOW" moments by 10 am.
Mum hack: boil six eggs on Sunday evening. Grab-and-go breakfast sorted for half the week.

2. Give your snack a partner

Try: apple slices with nut butter, oatcakes with hummus or cheese, or a handful of nuts with a few grapes.
Why it works: a carb on its own gives a quick lift, then a crash. Pairing it with protein or healthy fat softens the spike, so the energy lasts longer.
Mum hack: keep a little pot of nuts or oatcakes in the changing bag, so you're not relying on whatever the café has left.

3. Drink a glass of water before your next coffee

Try: one big glass of water first thing, and another before each cuppa.
Why it works: even mild dehydration can feel like tiredness and brain fog. If you're breastfeeding, your body needs even more fluid than usual.
Mum hack: keep a big water bottle wherever you usually feed or sit down. Every feed is a reminder to sip.

4. Top up your iron and B12

Try: eggs, lean red meat, oily fish, lentils, beans and dark leafy greens. Pair plant sources with vitamin C (peppers, berries, a squeeze of lemon) to help your body absorb the iron.
Why it works: pregnancy and breastfeeding can drain your stores, and low iron or B12 can leave you exhausted, low and foggy however much you sleep.
Mum hack: a lentil bolognese with a big side of peppers feeds the whole family and counts for you too.

5. Add omega-3 twice a week

Try: oily fish such as salmon, sardines or mackerel, up to two portions a week. Not a fish fan? Add walnuts, chia seeds or ground flaxseed to porridge or yoghurt.
Why it works: omega-3 fats support your brain and mood, which matters when you're running on very little sleep.
Mum hack: keep a few tins of sardines in olive oil in the cupboard. Tip one over a big handful of rocket with some sliced peppers, and you've got a nourishing lunch in two minutes, with no cooking at all. The soft little bones are a bonus source of calcium, and the vitamin C in the peppers helps you absorb the iron.

Family-friendly option: homemade salmon fishcakes. The kids eat them, and you're not cooking twice.

A quick note on vitamin D: in the UK, the NHS advises everyone, including breastfeeding mum's, to consider a daily vitamin D supplement in autumn and winter. If you're unsure what's right for you, ask me or your GP.

Small steps, big change
You don't need to do all five tomorrow. In fact, please don't. Choose the one that feels easiest, do it for a week, then add another.

This is where the real change happens: not in a perfect week, but in small choices you make on ordinary, tired days. You're the one who makes those choices, and every one of them counts.

- My first swap this week: _____
- How I feel after 7 days: _____

Some days will go sideways. The baby won't nap, dinner will be toast, and that's fine. Just pick it back up tomorrow. Looking after them starts with looking after you.

Two easy family recipes

Both recipes feed the whole family, freeze well and are packed with the nutrients tired mum's need most.

Half-and-half lentil bolognese

Serves 4 · 30 minutes · Rich in iron, B12 and fibre

Mixing lentils with mince stretches the meat further, adds fibre for your gut, and gives you iron from two sources.



You'll need:

- 1 tbsp olive oil
- 1 onion, 1 carrot and 1 celery stick, finely chopped
- 2 garlic cloves, crushed
- 250 grams grass fed beef mince
- 1 red pepper, diced
- 400 grams of green lentils, boiled, drained and rinsed
- 5 chopped tomatoes
- 1 tbsp tomato puree
- 1 tsp dried oregano or mixed herbs
- 2 big handfuls of spinach
- Wholemeal spaghetti, to serve

Method:

1. Heat the oil in a large pan. Soften the onion, carrot and celery for 5 minutes, then add the garlic.
2. Add the mince and brown it, breaking it up with a spoon.
3. Stir in the pepper, lentils, tomatoes, purée and herbs. Simmer for 15–20 minutes until thick.
4. Stir in the spinach until it wilts, and serve with spaghetti.

Mum tip: freeze half in portions for a tired evening. For little ones, blend a portion until smooth. Skip adding salt if you're serving it to a baby under one.

Lemon & Garlic One Tray Chicken

Easy, balanced and nourishing. Serves 4. Prep 15 minutes, cook 45 minutes.

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Marinade: 4 boneless chicken breasts or thighs, 4 crushed garlic cloves, juice and zest of 1 lemon, 2 tbsp olive oil, 2 tsp paprika, 1 tsp cumin, 1 tsp turmeric, 2 tsp mixed herbs, 1 tsp black pepper.

Veggies: 500 young potatoes, 1 large sweet potato, 3 carrots, 1 onion, 150 g green beans, 150 g peas, 2 tbsp olive oil, 1 tsp sea sal, balck pepper.

Method:

1. Marinate the chicken for 30 minutes or overnight. Heat the oven to 200°C (fan).
2. Toss the potatoes, sweet potato, carrots and onion in oil, salt and pepper. Roast on one large tray for 15 minutes.
3. Add the chicken and roast for 20 minutes.
4. Add the beans and peas and roast for 10 more minutes, until the chicken is cooked through (75°C).
5. Rest for 5 minutes and squeeze over fresh lemon.

Tip: If the potatoes are large, part-boil them for 10 minutes first. Small young potatoes can go straight in.

Your next step: book your free 20-minute chat

These swaps are a brilliant start. But if you're still exhausted, bloated or struggling with your weight, there's usually more going on underneath, such as your hormones, your gut or your nutrient levels. Finding out what's really behind it is exactly what I do. In our free chat, we'll:

- Talk about your health and how you'd love to feel again
- Go through how I work, my packages and prices
- Answer any questions you have

No pressure, no obligation. You decide afterwards, in your own time.

Book your free chat, message me on 07763588503 or hello@truebalancenaturopathy.co.uk

Warmly,
Sara

P.S. If you're reading this at 3am during a night feed, I've been there too. You don't have to figure this out on your own. Book your free chat whenever suits you on 07763588503 or hello@truebalancenaturopathy.co.uk

This guide is general information and not a substitute for medical advice. If you feel exhausted all the time, please speak to your GP, who can check things like your iron, B12, vitamin D and thyroid.