



MEAL PLAN FOR PREGNANT WOMEN



DAY 1 B: Rolled Oats porridges, with mixed seeds, One banana, medium, Two cups blueberries
S: Cheese and wholegrain crackers, Mixed nuts (a handful)
L: Egg salad, One tub yogurt, One apple, medium
S: Mixed nuts (a handful)
D: Lamb Stir-fry, Chocolate Drizzled Banana

DAY 2 B: Muesli with Yogurt and Linseeds, Six dried apricot halves
S: Grapes (3/4 cup)
L: Toasted chicken, cheese, and avocado sandwich, Salad with olive oil dressing
S: Yogurt (one tub) with mixed seeds
D: Grilled Salmon and Vegetables, Sweet potato mash

DAY 5 B: Multigrain bread with peanut butter, One small mango
S: Fruit salad (one cup) and yogurt (200g vanilla)
L: Chicken and CousCous salad, One tub of yogurt
S: Toasted multigrain bread with baked beans and avocado
D: Frittata caprese with tomato, spinach and ricotta, Salad with olive oil dressing

DAY 6 B: Muesli with mixed seeds and yogurt, Two tablespoons of currants or raisins
S: Banana soufflé with a glass of milk
L: Roast beef and salad wrap
S: One pear, medium, with mixed nuts
D: Baked chicken thigh fillets in tomato and vegetable sauce, Cooked rice, Salad with olive oil dressing

DAY 3 B: Baked Beans on Multigrain Toast with Margarine spread, One glass of milk, Four small plums
S: Fresh fruit and cheese platter
L: Fried rice with sliced egg omelet
S: One tub of yogurt with mixed nuts (one handful)
D: BBQ steaks with baked veggies and corn on the cob

DAY 4 B: Wholegrain flaky cereal and milk, Fruit salad (one cup)
S: Fruit pop
L: Wild rice, Dukkah egg, and Pomegranate
S: One tub yogurt, One orange, medium
D: Roast vegetables, chicken, and quinoa salad

DAY 7 B: Poached eggs with avocado on sourdough bread, Five prunes, One glass of milk
S: Two cups diced watermelon, with seed and nut mix
L: Minestrone soup, One tub of yogurt, One multigrain bread roll with margarine
S: Mango milk smoothie
D: Baked fish in lemon, with veggies and baked potato wedges

