

WEEKLY PREGNANCY MEAL PLAN

	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1	Greek yogurt with berries, chia, and flax seeds	Bean burritos	Energy balls	Shredded chicken sandwiches
DAY 2	Two eggs, Whole wheat toast	Chicken salad wrap	Slice of cheese	Veggie or white meat tacos
DAY 3	Steel-cut oats with walnuts and berries	Avocado toast with sliced cheese and fruit	Cut veggies with dressing	Stir-fry (veggie, chicken, shrimp, or tofu) with rice
DAY 4	Egg quiche with fruit	Salad with sliced tofu or chicken	Fruits and nuts	Bean bowl burrito
DAY 5	Bagel sandwich	Tuna salad sandwich	Fruit protein smoothie	Tortellini with vegetables and chicken
DAY 6	Granola with milk	Tex Mex chicken quinoa	Apple with peanut butter	Fish and vegetable side
SUNDAY	Fruit protein smoothie	Kale and Brussels sprouts salad	Vegetables with hummus	Pork chops and sweet potatoes