## 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 |

