



# 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

