

# WEEKLY PREGNANCY MEAL PLAN

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