

Sample meal plan

During pregnancy most women need 3 balanced meals per day with 2-3 healthy snacks between meals.

Each meal should contain:

Wholegrain carbohydrates to provide energy for you and baby	Protein for development and growth	Fruit or Vegetables for vitamins, mineral and fibre
Wholegrain bread / wrap / pita High fibre cereal e.g. porridge, weetabix Boiled or baked potatoes Sweet potatoes Whole-wheat pasta Rice Egg noodles Cous Cous Quinoa Chapatti	Lean meat Poultry Fish Cheese Eggs Beans Lentils Falafel Hummus Tofu / tempeh	Fresh fruit Boiled, steamed or roasted vegetables Salad Soup

Breakfast ideas:

- Porridge made with milk topped with berries/banana and nuts/seeds
- Scrambled/boiled egg with wholegrain toast +/- avocado/mushrooms/spinach
- Beans on wholegrain toast
- Wholegrain cereal with fruit and seeds
- Wholegrain toast with nut butter and banana
- Granola with yogurt & berries

And 1 glass of fortified orange juice or milk

Lunch ideas:

- Wholegrain sandwich with chicken, cheese & salad (or your favourite filling!)
- Soup (chicken/lentil) with wholegrain bread
- Beans and/or eggs on toast
- Pasta with tuna, sweet corn and mayonnaise & side salad
- Pitta bread/wrap filled with falafel, hummus and salad
- Burrito bowl with beef/chicken/beans, rice, lettuce, sweet corn, tomatoes and guacamole/cheese & salsa
- Cous cous with roast vegetables and cheese
- Leftover dinner

Further balance you meal by adding a piece of fruit and a glass of milk or a yogurt.

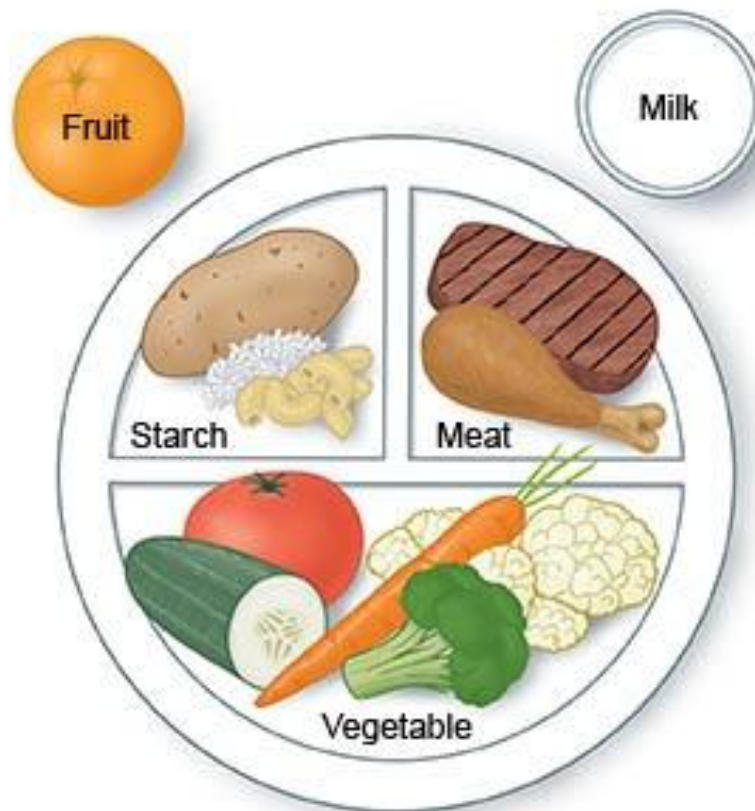
Dinner ideas

- Spaghetti bolognese with side salad
- Chicken & vegetable stir-fry with noodles
- Cajun salmon with homemade wedges and vegetables
- Meat or bean chilli with rice, guacamole & corn on the cob
- Chicken, roast vegetables and potatoes
- Homemade burger in wholegrain bun with corn on the cob and homemade coleslaw



Further balance you meal by adding a piece of fruit and a glass of milk or a yogurt.

The **plate model** is a useful guide to plan nutritionally-balanced meals.



Snacks ideas:

- Plain, natural or diet yoghurt (with a sprinkle of oats / nuts / seeds / berries)
- Piece of fruit
- Trail mix
- Hummus and snack peppers/baby corns/cherry tomatoes/carrot sticks/ mini cucumber/pita
- Rice cakes with banana and peanut butter
- Oatcakes with avocado and lime
- Small bowl of homemade soup
- Apple & peanut butter
- Warm milk
- Wholegrain crackers / small pitta with cheese or nut butter or hummus
- Small bag of plain popcorn
- Small handful of nuts
- Hard-boiled egg with black pepper

Ask your dietitian for some healthy recipe ideas!