

# Meal Plan - Pregnancy

Prepared for Australian Eggs by Food & Nutrition Australia, September 2019



## INTRODUCTION

Eating a healthy diet is especially important during pregnancy. Not only are you feeding yourself and aiming to boost your own health and wellbeing, but you are also providing all the nutrients needed for your growing baby. During pregnancy, daily requirements for some nutrients are higher than those for non-pregnant women and extra attention is needed to ensure you are getting enough key nutrients, including folate, iodine, calcium, iron, omega-3 fatty acids and choline. This 7-day meal plan will help you meet your nutritional requirements across the week during this exciting time of life!



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## NOTES ABOUT THIS MEAL PLAN

- This meal plan provides 7 eggs per week and provides at least 2 serves of fruit and 2.5 serves of dairy per day.
- Your needs may be higher or lower, therefore, for tailored advice please speak to an Accredited Practising Dietitian.
- It is important to follow the food safety recommendations during pregnancy to avoid the risk of food-borne illnesses. Make sure eggs are cooked through. Raw and undercooked eggs should be avoided. For advice on food safety in pregnancy visit: <http://www.foodstandards.gov.au/consumerinformation/pregnancyandhealthyating>



	DAY ONE	DAY TWO	DAY THREE	DAY FOUR	DAY FIVE	DAY SIX	DAY SEVEN
<b>BREAKFAST</b>	<b>Porridge Made Rolled Oats with Milk and Mixed Seeds</b> + 1 serve of fruit (eg. 2 cups berries or 1 medium banana).	<b>Muesli and Linseeds with Yoghurt</b> + 1 serve fruit (eg. 6 dried apricot halves or 2 tbsp raisins, currants or sultanas).	<b>Baked Beans on Multigrain Toast with a Thin Spread of Margarine</b> + one glass of milk. + 1 serve of fruit (eg. 4 small plums or 2 cups diced rockmelon or watermelon).	<b>Wholegrain Flaky Cereal</b> + milk + 1 serve of fruit (eg. 1 cup homemade fruit salad or 6 dried apricot halves).	<b>Multigrain Bread with Peanut Butter</b> + 1 serve of fruit (eg. 4 small plums or 1 small mango). + 1 glass of milk.	<b>Muesli and Mixed Seeds with Yoghurt</b> + 1 serve fruit (eg. 6 dried apricot halves or 2 tbsp raisins, currants or sultanas).	<b>Poached Eggs with Avocado on Sourdough Bread</b> + 1 serve of fruit (eg. 3/4 cup grapes or 5 prunes). + 1 glass of milk.
<b>LUNCH</b>	<b>Egg Salad</b> Made with 2 boiled egg + salad vegetables with an olive oil and vinegar dressing. + 1 serve of fruit (eg. a medium apple or orange or pear). + 1 tub yoghurt.	<b>Homemade Toasted Chicken, Cheese &amp; Avocado Sandwich</b> Made with multigrain bread (toasted) + chicken (ensure chicken is fresh) + cheese + avocado + margarine. + a side salad served with an olive oil based dressing.	<b>Fried Rice with Sliced Egg Omelette</b> See recipe at <a href="https://bit.ly/2OLXk8x">https://bit.ly/2OLXk8x</a>	<b>Wild Rice, Dukah Egg and Pomegranate (1 serve)</b> See recipe at <a href="https://bit.ly/37J1971">https://bit.ly/37J1971</a>	<b>Chicken &amp; Cous Cous Salad</b> Made with sliced chicken + cooked cous cous + vegetables + walnuts + sesame oil as a dressing. +1 tub yoghurt.	<b>Roast Beef &amp; Salad Wrap</b> Made with beef + salad vegetables (carrot, tomato, cucumber) + avocado + shredded cheese + mountain bread.	<b>Minestrone Soup</b> Made with vegetable stock + vegetables + kidney beans. + a multigrain bread roll with margarine. + 1 tub yoghurt.
<b>DINNER</b>	<b>Lamb Stir-fry</b> Made with trim lamb + vegetables + brown rice + canola oil (for stir frying).	<b>Grilled Salmon &amp; Vegetables</b> Served with sweet potato mash.	<b>BBQ Steak with Baked Vegetables</b> Sprinkled with olive oil for cooking + corn on the cob.	<b>Roast Vegetable, Chicken &amp; Quinoa Salad</b> Made with chicken + vegetables roasted in olive oil + quinoa + mixed seeds.	<b>Frittata Caprese with Spinach, Tomato and Ricotta</b> See recipe at <a href="https://bit.ly/2XbPMju">https://bit.ly/2XbPMju</a> Serve with additional salad vegetables + olive oil dressing.	<b>Chicken Thigh Fillets Baked in a Tomato &amp; Vegetable Sauce</b> Served with rice and a side salad, including olive oil based dressing.	<b>Baked Fish in Lemon</b> Served with vegetables and baked potato wedges.
<b>DESSERT /SUPPER</b>	<b>Chocolate Drizzled Banana</b> Made with half a banana and 2 teaspoons melted dark chocolate.	1 tub yoghurt + mixed seeds.	<b>Fresh Fruit &amp; Cheese Platter</b> Slice and serve a variety of fresh fruits in season and cheese.	<b>Fruit Pop</b> Made with frozen fruits (eg. bananas or mangos) blended with Greek yoghurt and frozen.	<b>Fruit Salad &amp; Yoghurt</b> 1 cup fresh fruit salad with 200g vanilla yoghurt.	<b>Banana Souffle (1 serve)</b> See recipe at <a href="https://bit.ly/3513W9t">https://bit.ly/3513W9t</a> + 1 glass of milk.	<b>Homemade Smoothie</b> Made with milk + fruit (eg. a banana or berries or a mango).
<b>SNACKS</b>	Cheese and wholegrain crackers + handful of mixed nuts.	1 serve of fruit (eg. 3/4 cup grapes or 5 prunes).	1 tub yoghurt + handful of mixed nuts.	1 serve of fruit (eg. 1 medium apple or orange) + 1 tub yoghurt.	<b>Multigrain Bread (toasted) with Baked Beans + Avocado</b>	1 serve of fruit (eg. 1 medium pear or orange) + mixed nuts.	1 serve of fruit (eg. 2 cups diced watermelon/rockmelon) + seed and nut mix.