

MEAL PLANNER FOR PREGNANT WOMEN

Evidence shows that eating a balanced diet that is high in specific types of seafood has benefits for both you and your baby. This meal plan will help you to maintain your health during pregnancy and help the neurological development of your baby.



BREAKFAST

- Cereal & reduced fat milk
- Poached eggs on toast
- Egg white omelette with smoked salmon
- Sardines on toast
- Boiled eggs & tomato slices on toast



LUNCH

- Tuna bean salad
- Canned salmon salad
- Tuna Caesar wraps
- Tuna and green bean sushi rolls
- Tuna & salad roll
- Potato salad
- Coleslaw & bean salad
- Caesar salad (no dressing)



DINNER

- Baked bream with tasty rice noodles
- Linguine with grilled trout and broccolini
- Garlic prawn skewers
- Salmon with mushroom & asparagus pasta
- Baked bream with spinach pasta & green salad
- Barbecued trout with avocado & tomato salad



DESSERT

- Fruit (2 pieces)
- Low fat yoghurt (200ml tub)
- Small bowl of low fat ice-cream
- Handful of nuts
- Small bowl of low fat custard

