



5-DAY MEAL PLAN

THEPRENATALNUTRITIONIST.COM

5-day MEAL PLAN

Disclaimer: This meal plan was built for healthy individuals and is not meant to treat, cure, or reverse any health conditions. Please consult with a prenatal nutrition specialist if you have further questions.

day one

breakfast

2 eggs, scrambled
2 cups spinach, cooked in
scrambled eggs
1 mozzarella cheese stick,
shredded and melted in eggs
1 piece of whole grain toast + 2
tsp butter



lunch

Serves 1 - Shrimp & zoodles bowl
6 medium-sized shrimp, cooked to 145 F
1 cup zoodles, cooked/heated
½ cup wild rice
¼ cup purple cabbage, raw or cooked
½ avocado



dinner

**Serves 2-3 - One pan chicken + veggie
dinner**
2 chicken breasts seasoned with salt &
pepper (or your other favorite seasoning)
2 cups Brussels sprouts, cut in half
½ red onion, sliced
1 small garlic bulb (optional, but yummy)

Preheat oven to 375 F. Drizzle a large
baking sheet with avocado oil or oil spray.
Place chicken breasts in the middle of the
pan. Scatter Brussels sprouts, onion, and
garlic cloves around the chicken breasts.
Bake in oven for 25-30 minutes or until the
chicken reaches 165 F.

snacks

Serves 1 - Yogurt Parfait
6 oz. plain greek yogurt
1 cup strawberries
1 tbsp chia seeds
1 tbsp slivered almonds
1 pinch unsweetened coconut shreds
1 apple + 2 tbsp almond (or other)
butter



day two

breakfast

Serves 1

2 eggs, cooked over hard in avocado oil
1 cup fresh spinach sautéed
¼ cup purple cabbage, sautéed with spinach
½ avocado
1 cup strawberries halves topped with 4 oz. Greek yogurt and 2 tsp chia seeds



lunch

Serves 1 - turkey and wild rice bowl

4 oz. ground turkey, ½ cup wild rice, 1 ½ cup spinach, ½ cup broccoli, 1 tbsp slivered almonds, 1 tbsp red onion (you can leave it raw or cook it with the ground turkey)

Dressing: ¼ tsp Dijon mustard, 1 tbsp olive oil, 1 ½ tsp balsamic vinegar, 1 pinch salt/pepper, 1 tsp dried basil, and 1 tsp water

Cook ground turkey, cook wild rice, and steam broccoli. Whisk dressing ingredients together. Add spinach to the bottom of a bowl. Add rice, turkey, broccoli, red onion, and almonds. Toss bowl contents with dressing and enjoy.



dinner

Serves 2-3 - Grilled flank steak with roasted asparagus and sweet potatoes

Steak marinade - ½ tsp salt, ¼ tsp ground pepper, ¼ cup extra virgin olive oil, ¼ cup lemon juice, 1 tbsp minced garlic

Asparagus - wash and trim; toss in avocado oil, salt and pepper, and Italian seasoning

Sweet potatoes - wash and discard any bruised parts; dice into 1-inch squares and toss in avocado oil, salt and pepper, and Italian seasoning

Preheat oven to 375-400 F. Marinate steak for 20-30 minutes.

Place sweet potatoes evenly on a baking sheet and roast in the oven for 20 minutes.

In a cast iron skillet (if you have one), cook the steak on medium heat, flipping occasionally.

Once the sweet potatoes have cooked for 20 minutes, add the asparagus to the pan and cook for an additional 10-15 minutes.

snacks

1 mozzarella cheese stick +
2 tbsp pumpkin seeds

1 medium banana +
2 tbsp almond (or other) butter



day three

breakfast

1 egg + 1 piece of toast + 1/2 cup cherry tomatoes (sautéed) + fresh basil



lunch

flank steak with roasted asparagus and sweet potato **LEFTOVERS**



dinner

baked salmon on spinach salad:
3-4 oz. salmon fillet, 2 cups fresh spinach, 1/3 cup roasted chickpeas, 1/2 cup roasted bell pepper slices, 2 tbsp vinaigrette dressing
make 2 servings for tomorrow's dinner



snacks

1 hard boiled egg + 1 apple
1 cheese stick + 6-8 crackers



day four

breakfast

yogurt parfait:

8 oz. plain Greek yogurt, 1/2 cup sliced strawberries, 1 tbsp chia seeds, 1 tbsp unsweetened coconut, 1 tbsp walnut pieces, 1 tsp stevia to sweeten



lunch

2 hard boiled eggs
6-8 crackers
1 oz. cheddar cheese
1/2 red bell pepper sliced



dinner

baked salmon on spinach salad



snacks

1 orange + 2 tbsp pumpkin seeds

avocado toast: 1 piece of toast + 1/2 avocado + seasoning of your choice



day five

breakfast

3-egg omelet:

3 eggs, fresh basil, cherry tomatoes, 1/2 cup mushrooms, 1 oz. cheddar cheese, 1/4 avocado



lunch

Serves 1 - Shrimp & zoodles bowl

6 medium-sized shrimp, cooked to 145 F
1 cup zoodles, cooked/heated
1/2 cup wild rice
1/4 cup purple cabbage, raw or cooked
1/2 avocado



dinner

chicken, veggie, cauliflower rice stir-fry:

1 cup chicken, 1/2 cup cauliflower rice, 1 cup broccoli (or stir-fry veggies)



snacks

1 cheese stick + 6-8 crackers

1 cup berries + 1 oz. almonds



GROCERY LIST

PRODUCE

1 lb. strawberries
1 pint blueberries
1 package fresh spinach
1 red onion
1 red bell pepper
1 bunch asparagus
10 oz. cherry tomatoes
2 cups zoodles
1 sweet potato
2-3 avocados
1 banana
2 apples
1 orange
2 cups Brussels sprouts
1 cup purple cabbage
1 small bulb of garlic, optional
1/2 cup cauliflower rice
1 cup broccoli
1/2 cup sliced mushrooms
1 oz. fresh basil

NUTS, SEEDS, & GRAINS

1 package chia seeds
1 package unsweetened coconut flakes
1 package almonds
1 package pumpkin seeds, shelled
1 jar nut butter
1 cup wild rice, uncooked
1 package whole grain crackers
1 loaf of whole grain bread

PROTEIN

1 dozen eggs, ideally, pasture-raised
1- 1 lb. flank steak (for two servings)
2 chicken breasts (for two servings)
1 cup chicken, diced (or an additional chicken breast)
8 oz. ground turkey (for two servings)
12 shrimp (for two servings)
2 salmon fillets, wild-caught

18 oz. plain Greek yogurt made with whole milk
4 mozzarella cheese sticks
2 oz. cheddar cheese

1 can chickpeas

PANTRY STAPLES

Salt
Pepper
Italian seasoning
Balsamic vinegar
Dijon mustard
Extra virgin olive oil
Avocado oil
Real butter, ideally grass-fed

THIS PLAN PROVIDES

30 + grams of fiber per day
200% vitamin C needs
> 100 % daily folate needs
> 100% daily choline needs
> 100% omega-3 needs
100% calcium needs
100% zinc needs
100% iron needs

Meal PLANNER

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TUE	B		GROCERIES
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