

Making Pregnancy Meal Plans

3 steps to custom meal plans you can really use!

For more detailed instructions as well as examples, read [Making Pregnancy Meal Plans in 3 Simple Steps](#).

Step 1

Create a daily food list in each category with the recommended servings by circling/marketing the recommended number of items in each food group. They don't all need to be different (e.g. toast X 3). You can also use partial servings. Add your own too! Just use a similar item type to estimate serving size.

Grains: Circle 7 servings (8 in the 2nd trimester, 9 in the 3rd trimester). Each entry is one serving. Make at least 1/2 of your selections whole grains.

Cereal

- 1 cup of whole grain cold cereal
- 1/2 cup of cooked cereal such as oatmeal, rye flakes, or wheat farina

Bread

- 1 slice of 100% whole grain bread
- 1/2 whole grain English muffin
- 1 mini whole grain bagel (large bagels provide four 16-gram servings)
- A piece of corn bread (1.25" thick and wide, 2.5" long)
- 1 small whole grain muffin (2.5" diameter) (large muffins provide three 16-gram servings)
- 4 mini rye-bread slices
- 1/2 of a pita bread (half a circle, pocket with two sides)
- 1 whole wheat tortilla
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Waffles and Pancakes

- One toaster style whole grain waffle
- 1/2 Belgium style whole grain waffle
- 1 medium whole grain pancake

Pasta

- 1/2 cup cooked whole wheat pasta

Cooked Grains

- 1/2 cup cooked grain: brown rice, bulgur, barley, quinoa, couscous, or other cooked grain

Snacks

- Granola bars (There is a huge variety from one brand to another, but if it is a bar made primarily from oats or other other whole grains, one bar should provide 16 grams.)
- 5-8 whole wheat crackers
- Tortilla chips – 15 chips
- Popcorn – 1 cup
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Dairy/Calcium: Circle 3 cups.

- Milk – 1 cup
- Evaporated milk – 1/2 cup
- Yogurt – 1 cup
- Hard Cheese such as cheddar, swiss, parmesan and mozzarella – 2 slices (1.5 ounces) or 1/3 c shredded
- Ricotta Cheese – 1/2 cup
- Cottage Cheese – 1/2 cups
- Pudding made with milk – 1 cup
- Frozen yogurt – 1 cup
- Ice cream – 1 cup
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Veggies: Circle 3 cups (4 in the 3rd trimester). (1 cup equivalents are provided.)

Green

- Broccoli – 3 spears 5" long
- Kale, collards, mustard greens, turnip greens, spinach – 2c raw (It will cook down considerably.)
- Romaine lettuce, watercress, dark green/red lettuce, baby greens, endive – 2 cups raw
- Green peas
- Cabbage
- Celery – 2 large stalks (11-12" long)
- Cucumbers
- Green or wax beans
- Green or red bell peppers – 1 large
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Orange

- Carrots – 2 medium, 1 large, ~12 baby
- Pumpkin – 1 cup mashed
- Sweet potato – 1 large
- Acorn squash, butternut squash, Hubbard squash, delicata – 1 small squash
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Red

- Tomatoes – 1 large
- Tomato or mixed vegetable juice – 1 cup
- Radishes – About 6

Purple

- Eggplant – 1/2 medium
- Beets – 1 medium

Starchy Vegetables

- Corn - 1 large ear
- Potatoes – 1 medium

Additional vegetables

- Cauliflower
- Mushrooms
- Onions
- Zucchini or summer squash
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Fruits: Circle 2 cups. (1 cup equivalents are provided.)

- Apple – 1/2 large, 1 small
- Applesauce
- Apricots – 2 fresh or 1/2 c dried
- Banana – 1 small
- Cantaloupe – 2 medium wedges (about 1/4 of a typical melon)
- Grapes – about 32 grapes, 1/2 cup of raisins
- Grapefruit – 1 medium
- Mixed fruit salad
- Orange – 1 large
- Peach – 1 large
- Pear – 1 medium
- Pineapple
- Plum – 2 large or 3 medium , 1/2 cup dried prunes
- Strawberries – about 8 large
- Raisins – 1/2 cup
- Watermelon – 1" thick, small wedge
- 100% fruit juice – 1 cup, use sparingly
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Protein - Meat, Beans, Nuts/Seeds: Circle 6oz (6.5 in the 2nd & 3rd trimester).

- One small steak, pork chop, chicken breast, etc (size of a deck of cards) – 3 ounces
- One small hamburger – 2-3 ounces
- One slice of deli meat (ham, turkey, roast beef) – 1 ounce (*Deli meat and all other ready-to-eat meats such as hotdogs should be heated to steaming for food safety during pregnancy.)
- One can of tuna – 3-4 ounces
- One small trout – 3 ounces
- One small salmon steak – 4-6 ounces
- One egg – 1 ounce
- One veggie burger – 2 ounces
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Additional foods that equal one serving (or one 1-ounce equivalent)

- 12 almonds
- 7 walnut halves
- 24 pistachios
- 1/8 cup sunflower seeds
- 1/4 cup cooked beans such as black, pinto, kidney, white beans, baked beans, refried beans
- 1/4 cup cooked legumes such as split peas, lentils, chickpeas
- One falafel patty
- One cup of lentil soup or split pea soup
- 1/4 cup of tofu
- 2 tablespoons of hummus
- 1 tablespoon of peanut butter or almond butter
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Healthy Oils: Eat 6 teaspoons daily (7 in the 2nd trimester, 8 in the 3rd trimester). If oils are incorporated into foods chosen in other categories, additional servings are not necessary. Circle servings below to bring your daily total to 6 - 8.

- Healthy oils
- Flax seed oil
- Olive oil
- Nuts and seeds – 1/8 cup
- Fish oils
- Avocados – 1/2 avocado
- Hemp seed oil

Adding oil directly to foods:

- Create or buy oil-based salad dressings. Use them on hot or cold pasta, salads, over cooked vegetables, or as a bread dip.
- Pour olive oil onto a plate, add parmesan cheese, and dip your favorite bread.
- Add flax seed oil to hot cereals or a cold smoothie.
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Cooking with oils:

- Fry eggs, tofu, or stir fry vegetables using canola, peanut, or sesame oils.
- Replace the butter in your baking recipes with oil.
- Make a simple topping for pasta with warm oil and browned garlic.

Eating foods high in healthy oils:

- Choose to snack on nuts and seeds.
- Select fish rather than meat or poultry.
- Top salads or burritos with guacamole.
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Step 2: Mix them into meals and snacks.

Assign all circled food choices to a specific meal/snack. For example, if you picked strawberries, greens, and almonds, you may write "strawberry spinach salad with almonds" for lunch. Continue until all circled foods are used in one day. Feel free to make simple substitutions that make sense for your meals, such as exchanging a slice of bread for a tortilla. (Read [Making Pregnancy Meal Plans in 3 Simple Steps](#) for an example.)

Breakfast	Lunch
Dinner	Snack

Step 3: Do it again.

Use the same or similar foods in new ways. This is practical as you often buy more of an item than you use in one day. Aim to plan for 4 days. Create a shopping list for everything you will need to buy.

Breakfast	Lunch
Dinner	Snack

Breakfast

Lunch

Dinner

Snack

Breakfast

Lunch

Dinner

Snack

Track it!

Cross all meals and snacks off as you eat them or at the end of each day. Note where your actual diet varies from your plan, and try to modify remaining snacks and meals to keep or bring your diet into balance.