

Make a weekly meal plan for your pregnancy. This plan will help you include a variety of nutritious foods from all 5 food groups. After you make one weekly meal plan, you can repeat it for the next week! Aim to make minor changes for the next week so you don't get bored with the same foods.

STEP 1: Review the foods in each food group below. Use these ideas to start filling in your weekly meal plan! Include some from each food group each day.

STEP 2: Fill in the rest of your weekly meal plan with meal and snack ideas. Don't forget to include plenty of water (at least 8-12 cups each day.) Feel free to use the examples listed. You can use your MyPlate Plan from MyPlate.gov to help you figure out serving sizes.

STEP 3: Take a look at your weekly meal plan. Will you eat these meals and snacks? Will your family enjoy the meals you plan to share with them? Consider everyone's likes and dislikes ahead of time. This will help make following the meal plan more enjoyable. You can make it easier for yourself by repeating some of your meals and snacks throughout the week.

STEP 4: Use your weekly meal plan again for the next week. Change a few items to provide more variety. Were there meals or snacks you did not love? If so, switch them out for something new.

Protein Foods

Beans and Peas

Pinto beans
Tofu
White beans
Lentils
Kidney beans
Chickpeas
Black beans

Meats

Lean beef
Chicken
Turkey
Lamb
Pork

Nuts and seeds

Sunflower seeds
Almonds
Hazelnuts
Pine nuts
Peanuts
Peanut butter

Seafood

Oysters
Mussels
Crab
Salmon
Trout
Herring
Sardines
Pollock

Vegetables

Carrots
Sweet potatoes
Pumpkin
Spinach
Cooked greens (such as kale, collards, turnip greens, and beet greens)
Winter squash
Tomatoes and tomato sauces
Red sweet peppers

Dairy

Fat-free or low-fat yogurt
Low-fat cheese
Fat-free milk (skim milk)
Low-fat milk (1% milk)
Calcium-fortified soymilk (soy beverage)

Grains

Whole wheat pasta
Oats
Barley
Fortified ready-to-eat cereals
Fortified cooked cereals
Whole grain bread

Fruits

Cantaloupe
Honeydew melon
Mangoes
Prunes
Bananas
Apricots
Oranges
Red or pink grapefruit
100% prune juice or orange juice

	Example*	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Water & prenatal vitamin	1 cup water Prenatal vitamin							
Breakfast (include 3 or more food groups)	1 cup water 1 cup whole grain cereal 1 banana 3 tablespoons sunflower seeds 1 cup milk							
Water	1 cup water							
Morning snack (include 2 or more food groups)	1 cup water 2 tablespoons raisins ½ cup carrot sticks 3 tablespoons peanuts 1 small muffin							
Water	1 cup water							
Lunch (include 3 or more food groups)	1 cup water 2 ½ cups whole-wheat couscous salad (couscous, garbanzo beans, spinach, tomatoes, lemon juice, olive oil, salt and pepper)							

Afternoon snack (include 2 or more food groups)	1 cup water 1 cup yogurt 1 cup sliced strawberries 5 whole wheat crackers 1 hard boiled egg							
Dinner (include 3 or more food groups)	1 cup water 1 baked sweet potato 2 corn tortillas 2 ounces cooked ground beef taco meat with tomatoes and avocado 1 ½ ounces cheese							
Evening snack (include 2 or more food groups)	1 cup water 1 piece whole grain toast 1 tablespoon peanut butter 1 cup milk							
Before bed	1 cup water							

*This example menu is based on recommendations for a pregnant woman in her 2nd trimester. This example is based on a woman who is 130 pounds, 5'4" and moderately active. Talk to your health care provider about what is right for you.