

Use this 3-day meal plan to get started with planning meals and snacks. This plan will help you include a variety of nutritious foods from all 5 food groups. Included are foods and recipes your whole family can enjoy!

Note: *The 3-day meal plan below 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 your unique body.*

STEP 1: Review each meal and snack in the sample meal plan. Make sure these are foods you will eat. If there is something you will not eat, replace it with something you will. When making replacements, use the ideas from the list below.

STEP 2: Make a grocery list. Almost all of the foods included in the 3-day meal plan are WIC-approved foods, as is the list below.

STEP 3: Shop for the items on your list. Consider the amounts your family needs.

STEP 4: Enjoy the freedom that comes with having your meals pre-planned! Plus, enjoy the knowledge that you and your baby are getting the nutrients you need during pregnancy.

Protein Foods

Beans and Peas

Pinto beans
Tofu
White beans
Lentils
Kidney beans
Chickpeas
Black beans

Nuts and seeds

Sunflower seeds
Almonds
Hazelnuts
Pine nuts
Peanuts
Peanut butter

Meats

Lean beef
Chicken
Turkey
Lamb
Pork

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

(3-day meal plan begins on the next page.

You can find the recipes **in bold** in our *Health eKitchen* recipe library!)

	Day 1*	Day 2	Day 3
Water & prenatal vitamin	1 cup water Prenatal vitamin	1 cup 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	1 cup water 1 slice whole grain toast 1 tablespoon peanut butter 1 fresh peach 1 cup milk	1 cup water Simple Overnight Oats with nuts (¼ recipe)
Water	1 cup water	1 cup 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	1 cup water 1 orange 3 tablespoons nuts 5 whole grain crackers	1 cup water 3 tablespoons peanuts ½ bagel ½ cup carrot sticks
Water	1 cup water	1 cup 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)	1 cup water 1 chicken sandwich (2 ounces chicken on 2 slices whole wheat bread) 1 cup carrot and celery sticks	1 cup water 1 tuna sandwich (2 ounces tuna on 2 slices whole wheat bread) 1 cup sliced cucumbers and peppers
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	1 cup water 1 cup yogurt ½ cup blueberries 3 cups popcorn	1 cup water 1 cup yogurt 1 cup chopped apple 5 whole wheat crackers
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	1 cup water Spaghetti with Veggies and Meat Sauce (¼ recipe) 2 cups salad greens	1 cup water 1 omelet with 2 eggs 1 cup cooked brown rice 1 ½ cup cooked zucchini and broccoli ¾ ounce cheese
Evening snack (include 2 or more food groups)	1 cup water 1 piece whole grain toast 1 tablespoon peanut butter 1 cup milk	1 cup water 1 cup whole grain cereal 2 tablespoons sunflower seeds 1 cup milk	1 cup water ½ English muffin 1 tablespoon peanut butter 1 cup milk
Before bed	1 cup water	1 cup water	1 cup water

*This example menu was made at myplate.gov. It 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.