

## Meal Planner for a Pregnant Lady



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Toasted Wholegrain bread with Iron fortified Blueband Margarine, Boiled Egg and Glass of Orange Juice	Cinnamon Tea, Sweet Potatoes and a slice of water melon	A bowl of Oat porridge mixed with sliced banana and a glass of freshly squeezed Orange Juice	Sorghum porridge made with milk and a pinch of blue band margarine and a glass of apple juice	Boiled Arrow roots with Ginger tea, a fried egg and a banana	Wholemeal breakfast cereals with skimmed milk and Orange juice	Oats Porridge made with milk and sliced banana
SNACK	1 apple or a handful of Groundnuts	Small fruit scone	Vegetable wholegrain bread sandwich	A glass of low-fat yogurt	2 handfuls of mixed nuts and dried fruit	Mixed fruit salad	Wholemeal bread with a spread of peanut butter and Margarine
LUNCH	Rice with lean goat meat and Spinach	Wholegrain Chapati with red lentils and cabbage with a Mango	Vegetable rice with broccoli and pea soup plus a Kiwi fruit	Pasta with minced meat and steamed spinach and a slice of water melon	Green bananas with lean meat stew and steamed cabbage	Vegetable rice with green grams and steamed spinach with a Mango	Green maize and pea mix (Githeri) with steamed mixed vegetables and a Pear
SNACK	Bowl of chopped mixed fruits	Cucumber slices	Handful of dried apricotsSalad	Bowl of mixed vegetables	Fruit Salad	Fruit scone	Fresh mixed vegetable salad
DINNER	Mashed Potatoes with liver and kale with a glass of skimmed milk	Ugali with whole Tilapia and mixed green leafy vegetables with a class of low fat yogurt	Smoked/Grilled Chicken with avocado salad served with baked potatoes	Mashed potatoes with stewed fish fillet and Broccoli with an Orange	Grilled pork chop/beef ribs with roasted potatoes, green beans and carrots with a glass of skimmed milk	Wholegrain Chapati with red lentils and Mixed Vegetables and a glass of low-fat yogurt	Ugali with stewed Chicked and Broccoli with mixed fruit salad

Ø Drink plenty of water, approximately 2-3 litres per day.

Ø Concentrate on healthy cravings.

Ø Look out for foods which are fortified with Iron, folic acid e.g. the new Blue band margarine and wholegrain cereals.

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