



EatRight Ontario

My Menu Planner

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Eating For A Healthy Pregnancy

This sample menu plan is for pregnant women in their 2nd and 3rd trimester when carrying one baby. The sample menu plan (without substitutions) follows Canada's Food Guide and includes the recommended 2-3 extra Food Guide servings needed to support your baby's growth. Speak to your doctor or a Registered Dietitian about tailoring this sample menu plan to meet your specific needs especially if you are under or overweight. If you have questions about this menu plan, call EatRight Ontario at 1-877-510-510-2 and speak to a Registered Dietitian.

Your Gender: Female
Your Age Range: 19-50

Your daily food group targets are:

7-8 servings of Vegetables & Fruit **2 servings of Milk & Alternatives**
6-7 servings of Grain Products **2 servings of Meat & Alternatives**

To learn more about the four food groups, request a free copy of Eating Well with Canada's Food Guide.

Sunday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Leek, Mushroom and Cheese Frittata & toast 1 serving <u>Leek, Mushroom and Cheese Frittata</u> 2 slices whole grain bread 1 tbsp. butter 1 cup 1% milk	Bean burrito with vegetable & cheese <i>Burrito:</i> 1 tortilla 75 g mashed kidney beans 1 cup baby spinach & sliced red peppers 1 tsp. vegetable oil 50 g cheddar cheese 1 tbsp. light sour cream <i>Water</i>	Grilled salmon with carrots, zucchini & wild rice 75 g grilled salmon 1 ½ cup wild rice 1 cup roasted carrots & zucchini 1 tsp. vegetable oil <i>Water</i>	Vanilla yogurt mixed with blueberries & oats ¾ cup 1% yogurt ¼ cup frozen blueberries 1/3 cup oats <i>Tip:</i> Drink water often.	Fruit smoothie with unsalted cashew nuts 2 tbsp. unsalted cashews Blend: 1 cup frozen strawberries & mangos ½ banana 1 cup water

Monday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Toast & peanut butter 2 slices whole grain bread 1 tbsp. peanut butter 1 cup 1% milk <i>Tip:</i> Choose whole grain products more often such as whole grain bread, cereals and brown rice.	Egg salad with baked pita chips & Minestrone Soup 1 serving <u>Minestrone Soup</u> <i>Egg salad:</i> 1 hard boiled egg ½ cup avocado 1 tbsp. mayonnaise 1 whole wheat pita <i>Water</i>	Cauliflower and Lamb Chop Curry with egg noodles & green salad 1 serving <u>Cauliflower and Lamb Chop Curry</u> 1 cup egg noodles ½ cup green salad (baby spinach, red onion, cherry tomatoes) 1 tbsp. salad dressing <i>Tea</i>	Vanilla yogurt ¾ cup 1% vanilla yogurt <i>Tip:</i> Eat small frequent meals, or snack more often to help reduce nausea and vomiting during pregnancy.	Whole grain cereal with milk 30 g whole grain cereal 1 cup 1% milk

Tuesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Grilled cheese sandwich with sliced tomato 2 slices whole grain bread 50 g cheddar cheese 1 tsp. butter ½ cup sliced tomato 1 cup 1% chocolate milk	BBQ chicken, quinoa & Oriental Coleslaw with Broccoli Salad 75 g roasted chicken breast 1 cup quinoa 1 tbsp. BBQ sauce 1 serving <u>Oriental Coleslaw with Broccoli Salad</u> <i>Tea</i>	Sweet Chili Tofu Stir-Fry & brown rice 1 servings <u>Sweet Chili Tofu Stir-Fry</u> ¾ cup unsalted cashews 1 cup brown rice 1 cup 1% milk	Kale chips 1 cup oven roasted kale chips with a sprinkle of salt 1 tsp. vegetable oil <i>Tip:</i> Include physical activity in your routine as long as your doctor says it's ok.	Pita bread with hummus & carrot sticks ½ cup hummus 1 small pita bread 2 carrots cut into carrot sticks

Wednesday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Almond Coconut Granola & yogurt 2 servings <u>Almond Coconut Granola</u> ¾ cup plain 1% yogurt <i>Coffee with ½ cup 1% milk</i>	Chicken Bulgur Salad & egg salad wrap 1 serving <u>Chicken Bulgur Salad</u> <i>Wrap:</i> 1 tortilla 1 boiled egg 1 tsp. mayonnaise 1 tsp. mustard 1/3 cup lettuce & tomato <i>Water</i>	Mini Meatballs with tomato sauce and pasta 2 servings <u>Mini Meatballs</u> 1 cup whole wheat pasta ½ cup tomato sauce 1 cup steamed carrots <i>Water</i>	Vanilla pudding ½ cup vanilla pudding made with 1% milk <i>Tip:</i> Be creative when adding milk and yogurt to your food. Mix plain yogurt with fruit, add milk to soup or make a pudding out of it.	Cheese & peaches on crackers 50 g cheddar cheese 12 whole grain crackers 1 cup peach slices

Thursday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Banana Whole Grain Griddle Cakes with strawberries & yogurt 3 servings <u>Banana Whole Grain Griddle Cakes</u> ¼ cup strawberries ¾ cup plain 1% yogurt <i>1 cup 1% milk</i>	Chicken Bulgur Salad & Minestrone Soup 1 serving leftover <u>Chicken Bulgur Salad</u> 1 serving leftover <u>Minestrone Soup</u> <i>Water</i>	Pork Tenderloin with Cider-Glazed Carrots & rice 1 serving <u>Pork Tenderloin with Cider-Glazed Carrots</u> 1 cup rice <i>Water</i> <i>Tip:</i> It is easier for pregnant women to get foodborne illness. Follow safe food handling procedures such as washing your hands and surfaces after touching raw meats, fish and eggs.	Lightened-up Guacamole and Chips 1 serving <u>Lightened-up Guacamole and Chips</u>	Popcorn 3 cups plain popcorn 1 tsp. butter Dash of salt <i>Tip:</i> Suffering from heartburn? Talk to your healthcare provider about using antacids that are safe for pregnancy.

Friday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
Oatmeal & blueberries ¾ cup oatmeal 1 cup 1% milk ¼ cup blueberries <i>Coffee</i> <i>Tip:</i> To meet your calcium needs, include at least 2 servings from the Milk and Alternatives Food Group, like milk, yogurt, kefir, soy beverages and cheese.	Leftover pork tenderloin in a pita with Asparagus & Tomato Salad ½ serving (1 cup) <u>Asparagus & Tomato Salad</u> 1 whole wheat pita 75 g leftover pork tenderloin 1 tsp. mayonnaise <i>Tea</i>	Thin crust pizza & Greek Salad ½ serving (1 cup) <u>Reena's Yummy Greek Salad</u> with pita wedges <i>Pizza:</i> 1 tortilla 75 g chicken breast Handful of sundried tomatoes 1 tbsp. tomato sauce 50 g mozzarella cheese 1 tsp. olive oil <i>Water</i>	Almond Butter Spiced Apple & whole grain crackers 1 serving <u>Almond Butter Spiced Apple</u> 6 whole grain crackers	Strawberry banana milkshake 1 banana 1 cup strawberries 1 cup 1% frozen yogurt <i>Tip:</i> The Good Food Box Program delivers high-quality, low-cost vegetables and fruit in many locations across the province.

Saturday

Breakfast	Lunch	Dinner	Snack 1	Snack 2
French toast with peaches & honey ½ cup peaches 2 tsp. honey <i>French toast:</i> 2 slices whole grain bread 1 egg 2 tsp. butter 1 cup 1% milk	Homemade burger with baked sweet potato fries 1 whole wheat hamburger bun 75 g ground beef 50 g cheddar cheese ½ cup tomatoes, lettuce & onions 1 cup baked sweet potato fries <i>Water</i>	Tandoori Haddock with brown rice & snap peas 1 serving <u>Tandoori Haddock</u> 1 cup brown rice 1 cup steam snap peas 1 tsp. vegetable oil <i>Water</i> <i>Tip:</i> Pregnant women should get the extra calories they need from nutrient rich foods such as fruit and vegetables instead of high fat, high sugar foods.	Oatmeal muffin 1 small oatmeal muffin <i>Tip:</i> Oatmeal is high in fibre and helps to keep you full.	Cucumber sticks with yogurt dip 1 cup cucumber sticks <i>Yogurt dip:</i> ¾ cup drained 1% plain yogurt 1 tsp. garlic 1 tsp. lemon

Note: The underlined recipes in this menu are available to be sent upon request.