



# Pregnancy Menu

## Menu 1

Breakfast – 2 pieces of wheat toast, 1-2 eggs, scrambled with peppers and onions  
Snack – Cucumbers and carrots with hummus or vegetable dip  
Lunch – 2/3 cup rice, 1/2 cup beans, 3 oz chicken, tomato, onions, peppers  
Snack – 1/2 banana with 1 tbsp peanut butter  
Dinner – Burrito: 3 oz piece of lean meat or chicken, 6 inch tortilla, 1/2 cup beans, cheese, salsa, 1/4 avocado  
Snack – 1 cup yogurt, 1 small fruit  
\*water as a drink

## Menu 2

Breakfast - 1 whole wheat English Muffin with 1 tbsp. of peanut butter, low sugar jelly  
Snack - 1 cheese stick and a small apple  
Lunch - Salad with lettuce, tomato, cucumber, 1/2 cup corn, 1/2 garbanzo beans, shredded chicken, side of 15 thin wheat crackers or 10 tortilla chips  
Snack - 1/4 cup dried fruit and 1/4 cup unsalted nuts  
Dinner - 1 cup whole grain pasta, 4oz fish, cooked greens, zucchini  
Snack - 3 cups popcorn, 8oz skim or 1% milk  
\*water as a drink

## Menu 3

Breakfast - 1 arepa or large tortilla, 1/2 avocado, 1-2 eggs, sliced tomato  
Snack - 1 Greek yogurt with 1/2 cup berries  
Lunch - 2 whole wheat bread, chicken or canned chunk light tuna salad, lettuce, small fruit  
Snack- Carrots, cucumbers, 15 thin wheat crackers with hummus  
Dinner - Stir fried 3oz pork, peppers, onions, snap peas, 1 cup brown rice  
Snack - 3 graham cracker squares, 8oz skim or 1% milk  
\*water as a drink