

# PREGNANCY MEAL PLAN

## Monday

**BREAKFAST** Eggs with cheese and spinach, bacon, english muffin with butter or cream cheese  
**LUNCH** Cobb Salad: mixed greens, chicken, bacon, hard-boiled egg, avocado, oil, and vinegar  
**SNACK** Greek yogurt with honey, granola, and sliced strawberries  
**DINNER** Steak with sweet potato and roasted broccoli

## Tuesday

**BREAKFAST** Egg omelet with tomato, peppers, and cheddar cheese and Fruit  
**LUNCH** Tuna melt with brussel sprouts drizzled in balsamic vinegar  
**SNACK** Banana with nut butter  
**DINNER** Pork chop with rice and squash

## Wednesday

**BREAKFAST** Protein pancakes with banana, and maple syrup  
**LUNCH** Ground beef taco with sour cream, guacamole, Mexican cheese, and beans  
**SNACK** Smoothie with spinach, chia seeds, milk, banana, strawberries, and blueberries  
**DINNER** Pasta with meat sauce

## Thursday

**BREAKFAST** Eggs with avocado toast  
**LUNCH** Chicken salad sandwich  
**SNACK** Hummus with peppers  
**DINNER** Salmon with cilantro rice and asparagus

## Friday

**BREAKFAST** Oatmeal with flax seeds and banana  
**LUNCH** Greek chicken and rice bowl  
**SNACK** Apple with nut butter  
**DINNER** Cajun chicken with pasta

## Saturday

**BREAKFAST** Scrambled eggs with peppers, onions, and hash browns  
**LUNCH** Buffalo chicken wrap  
**SNACK** Bell peppers with cream cheese and EBTB seasoning  
**DINNER** Cilantro steak tacos

## Sunday

**BREAKFAST** Overnight oats with apples and cinnamon  
**LUNCH** Chicken quesadilla with salsa and guacamole  
**SNACK** Dates with nut butter and chocolate chips  
**DINNER** Steak, mashed potatoes, and carrots