



## Prenatal Meal, Snack Ideas & Meal Planning Tips

### Basics to Keep in Mind

- While pregnant, it is important to listen to your body to tell you when to eat. This will likely be different each day and will mean having a snack or meal every few hours (based on hunger/fullness, potential nausea, other side effects, or increased nutritional needs).
- Having the kitchen stocked with healthy options and snacks at all times is essential.
- Each individual and family has its own nutritional needs. The goal of meal planning is to make your life easier and to meet the needs of those in your household.
- Include protein, fruits, vegetables, whole grains, and healthy fats into your daily meals.
- When snacking and meal prepping, be sure to keep in mind which foods need to be avoided during pregnancy, as well.
- Talk to your doctor and Registered Dietitian if you need a list of these foods.

### Tips to Keep Things Quick and Easy

- Try to think of which meal of the day is most challenging for you to prepare; start with trying to plan ahead for that one.
- If it's overwhelming to plan ahead for all 7 days of the week, start by trying to plan for 2 – 3.
- Use the “Notes” section on your phone to write out your meal ideas and grocery list throughout the week.
- Consider using a grocery delivery service or ask for help with grocery shopping from a spouse, family member, or friend.
- Ask for help with meal prep and cooking, especially if side effects such as nausea or food aversions make it difficult to spend time in the kitchen.

- Basic thought process when meal planning:
  - Protein + healthy fat source + vegetable(s) + healthy carbohydrate source
  - For specific food group recommendations, ask your dietitian
  - When making a grocery list, try to think of family meals (how many nights/week is this realistic for you?), healthy snacks for Mom, necessary food items for the baby, breakfast foods, and meals/snacks for any other children.

## Helpful Reads and Websites

- [Real Food Postpartum Recovery Meals: 50+ Recipes & Freezer Tips from Lily Nichols, RDN](#)
- [The Lean Green Bean, Registered Dietitian & Mom – Lindsay Livingston: Food Prep Resources](#)
- [Food Prep Tips for Beginners](#)
- [Super Healthy Kids – Pregnancy](#)

## Quick, Easy Snack Ideas

- Raw veggies (baby carrots, red or green peppers, sliced cucumber, celery) and hummus
- Smoothie with whole foods – examples: fruits, vegetables (spinach, kale), chia seeds
- Whole grain or 100% whole wheat toast with almond butter
- Sliced apples with peanut butter
- Air-popped popcorn
- Plain Greek Yogurt with berries (blueberries, strawberries, or blackberries)
- Handful of raw or low-sodium/no salt added nuts
- [Dairy-Free Lactation Cookies](#)
- [Pumpkin Spice Protein Bars](#)
- [Lemon Energy Balls](#)
- [No-Bake Protein Bars](#)
- [Handful of trail mix](#)
- [12 Quick & Healthy Pregnancy Snacks](#)
- [Top 12 Superfoods for Pregnancy](#)

## Quick, Easy Meal Ideas

- [Orecchiette with Chicken Sausage and Broccoli Rabe](#)
- [No Bean Turkey and Sweet Potato Chili](#)
- [Chickpea Salad](#)
- [Easy Egg Wraps](#)
- [Black Bean Burrito](#)
- [Carrot Ginger Soup](#)
- [Berry Smoothie](#)
- [Guacamole, Avocado & Tomato Pita](#)
- [Salmon & Zucchini Salad](#)

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