

7 Day Sample Pregnancy Menu
 Daily menus meet at least the minimum serving recommended per food group.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Breakfast 2 Whole grain waffles 2 T peanut butter 1 c skim milk	Breakfast 1 egg 1 corn tortilla 1 T chile sauce ½ c cantaloupe 6 oz. Orange juice 1 c skim milk	Breakfast 1 bagel 1 T lite cream cheese 1 c fruit yogurt ½ c orange juice	Breakfast Oatmeal cereal Banana 1 sl. Whole wheat toast 2 tsp jam 1 c soy or skim milk	Breakfast Peanut butter and banana sandwich on whole wheat bread 1 c skim milk	Breakfast 1 lg. Pancake 1 T margarine 2 T maple syrup 1 c juice	Breakfast Scrambled eggs Whole wheat toast 2 tsp jam Small banana 1 c skim milk
Snack 1 c low fat cottage cheese ½ c pears	Snack 1 c vanilla yogurt ¼ c dried apricots	Snack Banana 1 slice nut bread	Snack Apple 2 T peanut butter	Snack Orange Whole wheat or bran muffin	Snack 1 c yogurt grapes	Snack Raisin bran muffin Orange 1 c skim milk
Lunch 2 sl veggie pizza tossed salad 1 c diced melon	Lunch Steak fajita ½ c beans tossed salad 1 T lite dressing 1 can V-8 juice	Lunch 1 c Chili w/beans and beef or turkey 1 T lite dressing Handful wheat crackers 1 c skim milk	Lunch 2 c bean soup Whole grain roll 1 T margarine Cucumber and tomato salad 1 c soy or skim milk	Lunch Chef salad (with egg, cheese and turkey) 1 T lite dressing Whole wheat roll 1 c skim milk	Lunch Cheeseburger Baked potato Small milkshake	Lunch Turkey and cheese sandwich on whole wheat bread Small bag baked potato chips Pear 1 c skim milk
Snack ½ c pudding 3 graham crackers	Snack Cheese and veggie quesadilla	Snack 3 c Air popped popcorn Baby carrots	Snack Fruit yogurt Whole grain muffin	Snack ¼ c peanuts ¼ c raisins	Snack Raw veggies and low calorie dip	Snack 1 bag peanut M & M's
Dinner 5 oz. Broiled sirloin steak ½ baked potato 1 T margarine 1 T low fat sour cream 1 c steamed zucchini 1 c skim milk	Dinner 4 oz. chicken 1 c rice ½ c squash ½ c peas 1 c skim milk	Dinner 4 oz. Baked salmon 1 c pasta 1c broccoli Dinner roll 1 c skim milk	Dinner Tofu and veggie stir fry ½ c brown rice ½ c corn Decaf tea (hot/iced)	Dinner Spaghetti and meatballs with tomato sauce Tossed salad low calorie dressing Cantaloupe wedge	Dinner 4 oz. Broiled halibut ½ c wild rice 1 tsp margarine 5 asparagus spears Decaf tea	Dinner Pork chop Masked potatoes Broccoli Whole wheat roll
Snack 1 c raisin bran cereal 1 c skim milk	Snack 1 c flan 1 c skim milk	Snack 1 slice angel food cake ½ c strawberries 2 T lite whipping cream	Snack 1 c hot cocoa with 1% or skim or soy milk graham crackers	Snack 1 c skim milk Celery sticks peanut butter	Snack Sliced or fresh peach	Snack Low fat frozen yogurt