



Mix and Match Meal Plan

~1505-1655 calories

General Instructions:

Choose 1 option for each meal and each snack to provide the above calories. If you'd like to use another meal or snack idea, simply use a portion that fits into the suggested nutrient allowance. You can add unlimited vegetables to the plan and make any substitutions for allergens or food sensitivities as needed. Adjust the plan as needed (see below). To make adjustments to the meal plan, only choose one adjustment category and work within its guidelines.

Pregnancy Instructions:

First Trimester:

Follow the meal plan as written. If you begin to lose weight, make adjustments as instructed below.

2nd and 3rd Trimesters:

Double the portions of both daytime snacks and include the evening snack (dessert) everyday to increase calories by a total of 200-300 calories/day. If your Pre-Pregnancy BMI was classified as "Underweight," add a 3rd daytime snack.

Lactation:

If you feel hungry or low on energy using your 2nd/3rd Trimester meal plan, add an additional 200-300 calories by (choose 1 of the following):

- 1) Adding a 3rd daytime snack (double portion of snack on daytime snack list) OR
- 2) Adding an additional 200-300 calories of you choosing to any meal or snack.

At all times:

- 1) You can add unlimited vegetables to meal plan.
- 2) If you would like, substitute soy or rice products for the dairy products listed.
- 3) Take a prenatal supplement, and 500 mg calcium supplement (if you are unable to consistently eat 4+ servings of a dairy food).

Weight Gain Issues:

- 1) If you are not gaining **enough** weight appropriately (~1 pound/month during the 1st trimester and ~0.5-1 lb per week during the 2nd and 3rd trimester) add 300 calories per day in to the meal plan:
 - a. 1 low-fat yogurt (250 calories) + 1 piece of fruit
 - b. 12 oz. chocolate low-fat milk
 - c. 1 $\frac{1}{2}$ ounce cheese melted on 1 whole wheat tortilla
 - d. 1 whole wheat pita + 2/3 cup hummus
 - e. 1 Kashi Bar or Odwalla bar + 1 small piece fruit
 - f. 16 oz. juice + 1 hard-boiled egg
 - g. Other 300 calorie snack of your choice
- 2) If you are gaining **too much** weight too quickly(more than : ~2 pounds/month during the 1st trimester and/or ~1.5 lb per week during the 2nd and 3rd trimester):
 - a. Make sure you are following portions on meal plan as written.
 - b. Eliminate desserts.

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Try to include 5-8 servings of fruits and vegetables (total), 30 grams of fiber, and 3 calcium sources (yogurt, milk, low-fat cheese) each day

Guide to Portions:

Here are some visuals to help you with portions:

- 3 ounces of meat, fish, poultry = the palm of your hand or a deck of cards
- 1 $\frac{1}{2}$ ounces cheese = 6 dice
- 1 ounce nuts = a handful ; 2 tbsp nuts = 1 ping-pong ball
- One serving bread = 1 slice or $\frac{1}{2}$ English muffin or small Lender's-type bagel
- 1/2 cup potatoes, hot cereal, cooked vegetables, chopped, canned or cooked fruit = a tennis ball
- One serving fresh fruit = a tennis ball or 1 cup berries/melon = 1 fist
- 1 cup cooked vegetables or fruit = the size of your fist
- 1 cup raw leafy vegetables = the size of your fist
- 1 teaspoon oil or butter = the size of the tip of your thumb (3 tsp = 1 tbsp)

Good Breakfasts to Start the day! (~300 calories)

24 oz. water (by noon) +

Beverage: Coffee okay with up to 2 tbsp creamer (or cream)!

- 1) 1 serving Cereal (look for 7+ grams of fiber /serving and \leq 200 calories/serving) + 8 oz. skim milk (depending on cereal choice...~290 calories, 57 gm carbs, 7 gm fiber, 16 gm protein)
Cereal Examples: Good Friends, Kashi GoLean/GoLean Crunch, All-Bran Flakes w/ Yogurt Clusters, Grape Nuts, Optimum Power, Fiber One
- 2) $\frac{1}{2}$ cup old-fashioned, uncooked oatmeal w/ 8 oz. skim milk + 1 piece of fruit OR 1 cup berries or melon OR $\frac{1}{2}$ banana (~300 calories, 54 gm carbs, 7 gm fiber, 14 gm protein)
- 3) Smoothie with 4 oz fat-free yogurt, 1/2 banana, $\frac{1}{4}$ cup fat-free cottage cheese, $\frac{1}{2}$ cup skim milk, 1 cup frozen berries, $\frac{1}{2}$ Tbsp honey, ice + (~305 kcal, 63 gm CHO, 5 gm fiber, 16 gm protein)
- 4) Kashi Bar, Odwalla Bar or All Bran Bar (up to 200 calories) + 8 oz. skim milk OR 6 oz. fat-free yogurt (~300 calories, 52 gm carbs, 5 gm fiber, 16 gm protein)
- 5) 2 fried eggs (extra omega-3 fats - ex: Egglands Best AND fried with only cooking spray), 1 slice toast (look for at least 3 grams of fiber per slice bread) w 2 tsp Smart Balance Light + 1 piece of fruit OR 1 cup berries or melon OR $\frac{1}{2}$ banana (~310 calories, 35 gm carbs, 6 gm fiber, 17 gm protein)
Bread Examples: Orowheat, Good Earth w/ Extra Calcium and Fiber, Sara Lee Heart Healthy Plus, Rudy's Organic, Nature's Cupboard Whole Wheat (Any with \leq 100 calories/slice and 3+ gm fiber per slice)
- 6) 8 oz. fat-free yogurt + 4 oz. fat-free cottage cheese + 1 piece of fruit OR 1 cup berries or melon OR $\frac{1}{2}$ banana (~290 calories, 45 gm carbs, 3 gm fiber, 20 gm protein)
- 7) 2 eggs (with extra omega-3 fats - ie. Egglands Best), scrambled w/ 1 oz. part-skim mozzarella and any veggies, 1 slice whole-wheat toast (~310 calories, 25 gm carbs, 5 gm fiber, 24 gm protein)
- 8) 1 Kashi Bar, Odwalla Bar or All-Bran bar (up to 240 calories) + 1 piece of fruit OR 1 cup berries or melon OR $\frac{1}{2}$ banana (300 calories, 60 gm carbs, 8 gm fiber, 8 gm protein)
- 9) 2 flax toaster waffles + (topped with) 4 oz. light yogurt (flax waffles can be found in organic section of frozen aisle or at health food store) (~295 calories, 60 gm carbs, 6 gm fiber, 12 gm protein)

10) 1 - 3 " diameter 100% whole wheat bagel (look for <=150 kcals) + 1 tbsp peanut butter + $\frac{1}{2}$ banana or very small banana (~310 calories, 45 gm carbs, 5 gm fiber, 10 gm protein)

Morning Snack: Goal: Reduce processed foods! These portions can be doubled if only one daytime snack eaten per day.

Choose one of the following for ~150 calories:

Meal plan contains 8 well-balanced healthy snacks with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein.

Lunches: Keep energy up! (480 calories)

24 oz. water by 5:00 +

Meal plan contains 11 well-balanced healthy lunches with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein. Collection includes sandwiches, soups, salads, smoothies, healthy frozen meals, etc.

Afternoon Snack: (~150 calories)

Meal plan contains 8 well-balanced healthy snacks with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein.

Dinner: (~425 kcals)

16 oz. water + (by end of day)

Meal plan contains 23 well-balanced healthy dinners with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein. Collection includes easy fast dinners, dinners with recipes, crockpot dinners, and elegant dinners.

Optional Dessert (can have every other day for up to 3 days/week):

(~150 calories)

Meal plan contains 9 well-balanced healthy desserts with food choices & portions. Each choice includes a listing of calories, grams of carbohydrates, grams of fiber, and grams of protein. Collection includes fruit, ice-cream, frozen yogurt, chocolate, etc.