

Healthy Eating & Oral Health Menu for **PREGNANCY**



	M	T	W	Th	F	S	Su
Breakfast	Smoothie: blend 100ml milk , 30g rolled oats, 50g natural yoghurt , 30g frozen blueberries, 2 teaspoons chia seeds	Scrambled eggs on wholegrain toast with butter	Toasted crumpet with avocado and tomato small serve of yoghurt topped with walnuts and pumpkin seeds	Porridge with full fat milk , banana and cinnamon	Fresh fruit salad, yoghurt , walnuts , pumpkin seed , almonds	Smoothie: blend 1/4 cup avocado , 1 cup frozen mango , 1 TBSP lime juice, 1 TBSP fresh mint, 2 tsp chia seeds , 1 tsp honey, 1 cup crushed ice	Bacon and eggs with toast and avocado
Lunch	Chicken noodle or vegetable soup with sourdough bread and butter	Left over BBQ vegetables in a wrap with some tuna or salmon	Left over lamb baby spinach , almonds , tomato, and cucumber tossed through cooked quinoa – dress with lemon juice and olive oil	Egg salad sandwich on soya and linseed include tomato, rocket cucumber, capsicum and bean sprouts for crunch	Left over Bolognaise in a baked sweet potato	Cheese , ham and tomato toasted sandwich with spinach salad	Sardines and tomato on wholegrain toast spread with avocado
Dinner	BBQ Haloumi and vegetables: eggplant, capsicum , sweet potato , onion, 100gm steak (cook extra vegetables)	Lamb with pumpkin and carrot mash , green beans and broccoli (cook extra lamb)	Spaghetti Bolognaise (make extra to take for lunch)	100g oven baked fish fillet with broccoli , asparagus and zucchini	Night off – get takeaways of your choice!	BBQ Steak , bean salad, coleslaw, baked potato	Roast chicken and roast vegetables (make extra for lunches)

KEY: Calcium, Beta Carotene, Omega 3/good fats, Protein/Iron

Remember to drink plenty of plain water to stay hydrated.