

Pregnancy Kitchen Meal Plans

(to be used in conjunction with the NHF Healthy Child Guide and PK Simplicity Menu)

Pregnancy Kitchen's Mission: Empower parents with scientific knowledge and resources on diet and nutrition to dramatically increase the odds of having a healthy pregnancy as well as a happy, healthy child. Pregnancy Kitchen makes the science of eating well in pregnancy simple by providing grocery lists, meal plans and access to a premier grocery concierge service (via Whole Foods Market and Instacart) so that you can eat well for baby.

PLEASE REMEMBER: In pregnancy, specific dietary needs vary, make sure to consult your medical professional regarding your personal health needs and nutrition before choosing any meal plan or menu. The PK meal plans are designed to help make it easier for you to eat whole real food, from scratch, when possible. To view the Pregnancy Simplicity Menu, [click HERE](#).



REMEMBER TO...

- 1 Prepare and cook meals at home (from scratch) when possible with whole, unprocessed ingredients (preferably organic as much as possible).
- 2 Consume pure water (either filtered or from a pure, natural source) in glass or steel.
- 3 Cook with filtered or artesian spring water whenever possible.
- 4 Use cookware, foodware and drinkware made of steel, glass or ceramics. Avoid non-stick cookware if possible.
- 5 Eat organic, whole foods to reduce pesticide exposure.
- 6 Consume the highest-quality seafood from the cleanest natural source.
- 7 Avoid canned foods in order to reduce exposure to chemicals since the interiors of most food cans are coated with a protective lining containing bisphenol-A (BPA), an endocrine or hormone disruptor.

Name: _____

Phone: _____

Special Notes: _____

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Week 1

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Monday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Amy's Organics Steel-Cut Oats Hot Cereal Bowl (add 1 Tbsp tree nut of choice, 2 Tbsp chopped fruit of choice, 2 tsps coconut oil) ■ Apple-Cinnamon Morning Oats (overnight oats) via ThatCleanLife <p>PK SIMPLICITY MENU - Egg, cheese and avocado sandwich</p>	
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ Amy's Organics Pesto Tortellini Bowl <p>PK TIP - Check out other Amy's Organic options here</p> ■ Prepared Whole Foods green vegetable of choice <p>PK TIP - <i>The Simplicity Menu also offers a wide array of vegetable choices.</i></p>	
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Whole Foods Market Whole Rotisserie Chicken ■ Sesame Garlic Broccolini via WellnessMama ■ Red Velvet Soup via Pathways4Health ■ Whole grain bread/roll of choice 	
—	—		Tuesday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Amy's Organic Breakfast Scramble ■ Prepared Whole Foods breakfast bar scrambled eggs and vegetable hash ■ 2 free range eggs, scrambled, 2 pieces chicken sausage, ½ cup prepared quinoa
—	—			<p>Lunch:</p> <ul style="list-style-type: none"> ■ Whole Foods Prepared Chicken Taco with guacamole (2) + can also add leftover broccolini on the side, if desired or add sliced bell peppers <p>■ PK SIMPLICITY MENU - Lunch wrap + salad + fruit</p>
—	—			<p>Dinner:</p> <ul style="list-style-type: none"> ■ Slow Cooker Chicken and Lentil Stew via WholeFoodsMarket ■ Artichoke Squares and Lentil Stew via EAS Stewart



Week 1

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Wednesday	Breakfast: ■ Strawberry Almond Butter Smoothie via WholeFoodsMarket PK TIP - Organic Life Super Healthy Smoothies ■ PK SIMPLICITY MENU - Cereal with organic milk + organic juice
—	—		Lunch: ■ Chicken Fajita Salad via Wellness Mama (use Leftover Rotisserie Chicken from Monday) + ■ 1 whole grain bread/roll of your choice
—	—		Dinner: ■ Whole Foods Prepared Falafel Wrap or turkey provolone wrap + broccoli crunch salad or grilled asparagus
—	—		Breakfast: ■ Apple-Cinnamon Morning Oats (serving #2 of Monday's overnight oats)
—	—		Lunch: ■ Turkey sandwich - sliced oven roasted turkey breast + ¼ avocado + lettuce or spinach + 1 slice of cheese + whole grain bread + light mayo or mustard + ■ Piece of whole fruit OR carrots with light ranch or hummus
—	—		Dinner: ■ Amy's Organic Harvest Casserole Bowl or Amy's Organic Black Bean Enchilada Whole Meal ■ PK SIMPLICITY MENU - Grilled chicken + green beans + sweet potato



Notes: _____

Week 1

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Friday	Breakfast: ■ KIND Breakfast Peanut Butter Bar + ■ Fresh whole fruit of your choice
—	—		Lunch: ■ Whole Foods Prepared Egg Salad Sandwich + Leftover Broccoli Crunch Salad or Asparagus from Wednesday ■ PK SIMPLICITY MENU - Salmon + fresh organic vegetable
—	—		Dinner: ■ 5 Ingredient Bean Free Crockpot Chili via WellnessMama
—	—		
—	—	Saturday	Breakfast: ■ Spinach, Avocado and Sun Dried Tomato Skillet via IowaGirlEats
—	—		Lunch: ■ PK SIMPLICITY MENU - Amy's Organic Lentil Vegetable Soup
—	—		Dinner: ■ Greek Meatloaf via WellnessMama + ■ Cauliflower Mashed Potatoes via WellnessMama + ■ Arugula salad
—	—		
—	—	Sunday	Breakfast: ■ Non-fat or low-fat greek yogurt + Kind Healthy Grains + fresh whole fruit of your choice (1 medium banana, 0.5 cup blueberries or strawberries, 1 kiwi) ■ PK SIMPLICITY MENU - Organic fruit smoothie
—	—		Lunch: ■ Leftover Crock Pot Chili from Friday
—	—		Dinner: ■ Walnut Tuna Salad via WellnessMama
—	—		



Week 1

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SELECT	QTY.	DAY	MEAL IDEAS
—	—	Snack/Dessert Ideas	Any fresh, whole piece or serving of fruit or vegetable:
—	—		■ ¼ cup dried fruits or 1 cup of fruit
—	—		■ 1 cup of vegetable or 2 cups for uncooked leafy green veggie
—	—		■ Celery + 2 Tbsp. of almond butter or 2 Tbsp. low-fat ranch dressing
—	—		■ Whole Grain pita chips (about 13) or carrots + 2 Tbsp. hummus
—	—		■ ¼ cup of almond or pistachios + ¼ cup of dried fruit
—	—		■ 1 cup of greek yogurt + fruit or ½ cup granola
—	—		■ 1 KIND bar
—	—		■ Bare Organic Apple Chips
—	—		■ Glazed Pears via WellnessMama
—	—		■ Apple Cinnamon Muffins via WellnessMama
—	—		■ Raw Orange Creamsicle Smoothie
—	—		■ Amy's Organic Cheese or Spinach Pizza Snack Bites



Notes: _____

Week 2

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Monday	Breakfast: ■ KIND Breakfast Peanut Butter Bar + fresh whole fruit of your choice
—	—		Lunch: ■ Leftover Greek Meatloaf + ■ Cauliflower Mashed Potatoes from Saturday
—	—		Dinner: ■ PK SIMPLICITY MENU - Amy's Pesto Tortellini + sliced red bell pepper
—	—	Tuesday	Breakfast: ■ Leftover Sunrise Hash from Saturday
—	—		Lunch: ■ Whole Foods Market Honey Balsamic Glazed Salmon (3 oz.) + ■ Green beans + ■ Herb roasted potatoes ■ PK SIMPLICITY MENU - Black bean, cheese, chicken enchilada
—	—		Dinner: ■ Quick Italian Spinach and Pasta Soup via WholeFoodsMarket + ■ 1 whole grain bread or roll
—	—	Wednesday	Breakfast: ■ Whole Foods Bakery Wild Blueberry Flax Seed Muffin + ■ Whole fruit of your choice
—	—		Lunch: ■ Chicken and Chickpea Salad via WholeFoodsMarket + ■ 1 cup of low-sodium soup of your choice from Whole Foods Soup Bar (i.e. garden vegetable)
—	—		Dinner: ■ PK SIMPLICITY MENU - Amy's Organic Broccoli or Chicken Pot Pie



Week 2

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Thursday	Breakfast: ■ Avocado eggs + ■ Fresh sliced fruit (strawberries, blueberries, grapes) ■ PK SIMPLICITY MENU - Toast with organic sunflower butter	
—	—		Lunch: ■ Leftover Italian Spinach and Pasta Soup from Tuesday + ■ 1 whole grain bread/roll of your choice	
—	—		Dinner: ■ Whole Foods Prepared Grilled Chicken Breast + ■ Herb roasted potatoes + ■ Roasted brussel sprouts	
—	—		Friday	Breakfast: ■ PK SIMPLICITY MENU - 1 cup nonfat or low-fat plain Greek Yogurt + KIND Healthy Grains + fresh whole fruit of your choice (1 banana, 1/2 cup blueberries, strawberries or blackberries or grapes)
—	—			Lunch: ■ Green Goddess Quinoa Summer Salad via PinchofYum + ■ 1 whole grain bread or roll
—	—			Dinner: ■ Rotisserie Chicken and Vegetables via WholeFoodsMarket + ■ Arugula salad



Notes: _____

Week 2

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Saturday	Breakfast: ■ Zucchini Fritters via WellnessMama + ■ PK SIMPLICITY MENU - Organic smoothie
—	—		Lunch: ■ Amy's Organic Pad Thai
—	—		Dinner: ■ Pecan Crusted Flounder via WellnessMama + ■ Organic frozen mixed vegetables + ■ Frozen sweet potato fries
—	—		
—	—		
—	—		
—	—	Sunday	Breakfast: ■ Flourless banana pancakes + ■ Fresh strawberries
—	—		Lunch: ■ Quick and Easy Asian Pan Seared Salmon Salad via EASTewart ■ 1 cup of baby carrots ■ PK SIMPLICITY MENU - Amy's Spinach Lasagna
—	—		Dinner: ■ Leftover Rotisserie Chicken and Vegetables with Noodles from Friday + ■ Cucumber Salad via WellnessMama
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—	—		
—	—		
—	—	Snack/Dessert	■ Brown Sugar Cinnamon Popcorn via VegetarianTimes ■ Grain Free Almond Flour Chocolate Chip Cookies via WellnessMama ■ Mango Avocado Rolls via VegetarianTimes ■ 1 cup cottage cheese and fresh fruit ■ ¼ cup almonds + 1.5 oz. dark chocolate ■ Hard boiled egg + apple
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Notes: _____

Week 3

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
		Monday	Breakfast:
—	—		■ PK SIMPLICITY MENU - Brain Power Smoothie via Wellness Mama + Date Energy Bars via Deliciously Ella
—	—		Lunch:
—	—		■ Whole Foods Arugula Salad with 3 oz grilled chicken
—	—		■ 1 piece of whole fruit
—	—		Dinner:
—	—	■ Herb Roasted Pot Roast via WellnessMama +	
—	—	■ Sourdough Breads via Pathways4Health +	
—	—	■ Whole Foods Prepared Sauteed Spinach	
		Tuesday	Breakfast:
—	—		■ 2 hard boiled eggs
—	—		■ 1 cup roasted sweet potatoes
—	—		■ 2 cups sautéed spinach
—	—		■ 4 oz fruit juice of choice
—	—		Lunch:
—	—	■ PK SIMPLICITY MENU - Amy's Organic Broccoli or Chicken Pot Pie + green salad tossed with olive oil and balsamic vinegar + 1 whole fruit of choice	
—	—	Dinner:	
—	—	■ Whole Foods Market Honey Balsamic Glazed Salmon (3-4 oz.) +	
—	—	■ Green beans +	
—	—	■ Herb roasted potatoes	



Notes: _____

Week 3

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Wednesday	Breakfast: ■ PK SIMPLICITY MENU - Whole Foods Prepared Egg Turkey Sausage & Cheese Breakfast Taco + 1 whole fruit of your choice
—	—		Lunch: ■ Whole Foods Prepared Chicken Salad with Cranberries + ■ 2 slices whole grain bread + ■ Homemade Kale Chips via WellnessMama
—	—		Dinner: ■ Baked Pesto Rigatoni via PinchofYum + ■ Whole Foods Raw Marinated Vegetable Salad + ■ Fresh fruit of choice
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—	—		
—	—		
—	—	Thursday	Breakfast: ■ Wild Blueberry Pancakes via RealMomNutrition ■ PK SIMPLICITY MENU - Whole Foods Fresh Vegetable-based + juice of choice + 1 hard boiled egg
—	—		Lunch: ■ Leftover Garlic Herb Pot Roast with Carrots and Potatoes, Spinach from Monday
—	—		Dinner: ■ Whole Foods Prepared 6 Oz Grilled Skirt Steak + ■ Sweet Potato Fries via WellnessMama ■ Green salad tossed with olive oil and balsamic vinegar
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Week 3

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Friday	Breakfast:
—	—		■ PK SIMPLICITY MENU - 8 oz. whole organic milk (preferably A2) or dairy free almond or coconut plain yogurt + ½ cup berries of choice + 1 KIND Bar with Extra Protein
—	—		Lunch:
—	—		■ Whole Foods Prepared Asian Edamame Salad
—	—		■ Fruit salad of choice
—	—		Dinner:
—	—		■ Meatball Shish Kabobs via WellnessMama
—	—		■ Veggies of choice (bell peppers, onions, potatoes, mushrooms, etc.)
—	—		■ Brown rice +
—	—		■ Green salad tossed with olive oil and balsamic vinegar
—	—	Saturday	Breakfast:
—	—		■ Classic Overnight Oats via Wholefully
—	—		■ 1 link Whole Foods Prepared Chicken Apple Sausage
—	—		■ 4 oz. fruit juice of choice
—	—		Lunch:
—	—		■ Taco Scramble via WellnessMama +
—	—		■ Corn tortillas + optional guacamole
—	—		■ PK SIMPLICITY MENU - 2 tacos on corn
—	—		Dinner:
—	—		■ Leftover Baked Pesto Rigatoni from Wednesday +
—	—	■ Kale chips +	
—	—	■ Arugula salad	



Notes: _____

Week 3

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home




SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Sunday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Caprese Omelet via WellnessMama ■ Whole fruit of your choice ■ 4 oz whole organic milk yogurt or dairy free yogurt - plain 	
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Amy's Organic Quarter Pound Veggie Burger + green leaf lettuce wrap OR whole grain bun + green veggies of choice + corn tortilla chips + apple crisps 	
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Moussaka Casserole via WellnessMama + ■ Green salad tossed with olive oil and balsamic vinegar + ■ 1 whole grain roll 	
—	—		<p>* It is recommended that you add 1-2 snacks per day, as your daily calorie needs are increased during pregnancy. A suggestion would be to add one snack between breakfast and lunch and another between lunch and dinner.</p>	
—	—		<p>**The recommendation for sodium intake is less than 2,400 mg per day. This means that it is necessary to be mindful of this when purchasing pre-packaged foods, as the sodium may be higher in these items. Always try to choose "low-sodium" or "no salt added" items, as well as checking the nutrition labels for the milligrams of sodium in frozen meals.</p>	
—	—		Snack/Dessert Ideas	<ul style="list-style-type: none"> ■ Organic Homemade Applesauce via WellnessMama ■ Nonfat or low-fat greek yogurt with fresh fruit of your choice ■ Sweet Potato and Fresh Basil Bruschetta via TheHealthyApple ■ Organic wheat breakfast waffle + 1 pear + 1 tbsp. almond butter ■ Reduced sodium or no salt added organic popcorn ■ Whole Foods Pre-Packed Carrots with Celery OR Snow peas with low-fat ranch dressing/hummus ■ Healthy Hearty Dips via Pathways4Health
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Notes: _____

Week 4

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Monday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Organic multi-grain english muffin + 2 tbsp. cream cheese + ■ Pomegranate seeds or strawberries/blueberries OR peaches
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Stuffed Sweet Potato + Steamed Broccoli via WellnessMama 
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Taco scramble stir fry + ■ Corn tortillas + optional guacamole
—	—	Tuesday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Mango Pineapple Smoothie Bowl via Bakerita 
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ Leftover Meatball Shish Kabobs + ■ Brown rice
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Vegetable Fajitas on Wheat Tortillas via 100DaysofRealFood + ■ Corn + black beans
—	—	Wednesday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Broccoli, Cheddar and Spinach Frittata via Cookie&Kate + ■ Fruit of choice + ■ 1 whole grain roll
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ Leftover Moussaka Casserole + ■ 1 whole grain roll
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Leftover Stuffed Sweet Potato from Monday ■ Roasted asparagus and steamed cauliflower 

Week 4

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Thursday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Prepared oatmeal with fruit of your choice
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ Leftover Vegetable Fajitas from Tuesday on wheat tortillas + ■ Black beans + ■ Corn
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Homemade Fish Sticks via WellnessMama + prepared mashed sweet potatoes + salad greens tossed with olive oil and balsamic vinegar
—	—		
—	—		
—	—		
—	—	Friday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Breakfast Casserole Bites via 100DaysofRealFood + ■ Sliced avocado + ■ 4 oz fruit juice of choice
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Whole Foods Prepared Roasted Turkey Wrap OR Turkey and Brie Sandwich + carrots + roasted kale chips
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Easy Mango, Grape & Kale Salad via TheHealthyApple ■ Arugula salad ■ Brown rice
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—	—		
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Notes: _____

Week 4

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Saturday	Breakfast:
—	—		■ PK SIMPLICITY MENU - Whole Wheat Blueberry Scones via 100DaysofRealFood + organic milk + fresh fruit
—	—		Lunch:
—	—		■ Whole Foods Prepared Chicken Scallopini with Roasted Tomatoes + ■ Brussels sprouts
—	—	Sunday	Dinner:
—	—		■ Vegetable Quesadillas with Avocado and Red, Yellow or Orange Bell Pepper via 100DaysofRealFood
—	—		Breakfast:
—	—		■ Amy's Breakfast Scramble Wrap + ■ Fruit of your choice
—	—	Sunday	Lunch:
—	—		■ Spaghetti Squash Lasagna Casserole via UprootKitchen +
—	—		■ Green beans +
—	—		■ Fruit of choice
—	—	Sunday	Dinner:
—	—		■ Whole Foods Rotisserie Chicken +
—	—		■ Pumpkin Seed and Currant Salad via 100DaysofRealFood +
—	—		■ Citrus salad
—	—		■ PK SIMPLICITY MENU - Amy's Mac and Cheese



Notes: _____

Week 4

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
		Snack/Dessert Ideas	<p>* It is recommended that you add 1-2 snacks per day, as your daily calorie needs are increased during pregnancy. A suggestion would be to add one snack between breakfast and lunch and another between lunch and dinner.</p> <p>**The recommendation for sodium intake is less than 2,400 mg per day. This means that it is necessary to be mindful of this when purchasing pre-packaged foods, as the sodium may be higher in these items. Always try to choose “low-sodium” or “no salt added” items, as well as checking the nutrition labels for the milligrams of sodium in frozen meals.</p>
—	—		■ Nut-free Snack Bars via RealMomNutrition
—	—		■ No Bake Peanut Butter Dessert Bars via 100DaysofRealFood
—	—		■ Healthy Jello via WellnessMama
—	—		■ Almond nut and rice crackers + 1.5 oz. hard cheese (cheddar, swiss)
—	—		■ Organic goji berries
—	—		■ Organic veggie chips + 1 hard boiled egg
—	—		■ Pistachios and frozen grapes
—	—	■ Piece of whole grain toast with ¼ avocado	



Notes: _____

Week 5

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home



SELECT	QTY.	DAY	MEAL IDEAS
—	—	Monday	Breakfast:
—	—		■ PK SIMPLICITY MENU - Whole Foods Egg, Cheese & Potato Breakfast Tacos + fruit of choice
—	—		Lunch:
—	—		■ Leftover Vegetable Quesadillas from Saturday +
—	—		■ Arugula salad +
—	—		■ Brown rice
—	—	Tuesday	Dinner:
—	—		■ Slow Cooked Autumn Sausage Casserole via MomsWithCrockpots
—	—		■ Green beans +
—	—		■ Salad
—	—		Breakfast:
—	—		■ PK SIMPLICITY MENU - 8 oz organic milk, yogurt or dairy free yogurt plain + 2 Tbsp. organic granola of choice + 1/2 cup berries of choice
—	—	Tuesday	Lunch:
—	—		■ 4 oz. grilled chicken breast
—	—		■ Prepared Whole Foods Brussels Sprout and Kale Slaw
—	—		■ Grapefruit
—	—		Dinner:
—	—		■ Gluten Free Eggplant Parmesan via WellnessMama +
—	—	■ Skillet Cornbread via 100DaysofRealFood +	
—	—	■ Salad	



Notes: _____

Week 5

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Wednesday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Homemade Granola Bar via 100DaysofRealFood + fruit of choice + 4 ounces Whole Foods green juice of choice
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ Rosemary Pecan Chicken Salad via EAS Stewart ■ Green salad + ■ 1 piece of fresh fruit
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ Crockpot Enchilada Quinoa via MomsWithCrockpots ■ Low-sodium corn chips or corn tortilla with guacamole 
—	—	Thursday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Whole Grain English Muffin or Bagel + peanut/almond butter and pomegranate seeds + 4 ounces fruit juice of choice 
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ Whole Foods Sausage and Kale Flatbread + ■ Carrots or bell pepper ■ Fruit smoothie of choice
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ Whole Foods Cheese Ravioli ■ Roasted or steamed asparagus + ■ Salad

Notes: _____

Week 5

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Friday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ Mini Vegetable Quiches via TheSixOClockScramble ■ 2 pieces Whole Foods Bacon
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ Leftover Eggplant Parmesan from Tuesday + ■ Skillet cornbread + ■ Salad
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Solomon's Smoky Stove-Top Burgers via TheSixOClockScramble
—	—	Saturday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ 8 ounces whole organic A2 milk yogurt or dairy free yogurt – plain + ■ 2 Tbsp. organic granola of choice + ■ ½ cup berries of choice
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Whole Foods Prepared Chicken Salad with Cranberry & Lemon Sandwich + 1 piece of fruit of choice
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ Caldo de Pollo (Chicken Soup) via ChristyWilsonNutrition ■ 1 whole wheat roll + ■ Green salad



Notes: _____

Week 5

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home



SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Sunday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Leftover Homemade Granola Bar from Wednesday + ■ 4 ounces whole organic A2 milk yogurt or dairy free yogurt - plain + ■ fruit of your choice <p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Whole Foods Prepared Spinach Mushroom Quiche + herb roasted beets + argula salad <p>Dinner:</p> <ul style="list-style-type: none"> ■ Moroccan Fish with Mango and Couscous via 100DaysofRealFood + ■ Steamed broccoli 	
—	—		Snack/Dessert Ideas	<p>*It is recommended that you add 1-2 snacks per day, as your daily calorie needs are increased during pregnancy. A suggestion would be to add one snack between breakfast and lunch and another between lunch and dinner.</p> <p>**The recommendation for sodium intake is less than 2,400 mg per day. This means that it is necessary to be mindful of this when purchasing pre-packaged foods, as the sodium may be higher in these items. Always try to choose “low-sodium” or “no salt added” items, as well as checking the nutrition labels for the milligrams of sodium in frozen meals.</p> <ul style="list-style-type: none"> ■ Homemade Applesauce via 100DaysofRealFood ■ Homemade Strawberry Gelato via WellnessMama ■ Carrot Fritters with Yogurt Sauce via 100DaysofRealFood ■ ¼ cup of walnuts or almonds and ¼ cup dried fruit (cranberries, pineapple, raisins, etc.) ■ Sliced tomato and cheddar cheese ■ Whole grain toast with almond butter spread and strawberries ■ Amy’s Organic Swirls
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Notes: _____

Week 6



KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
		Monday	Breakfast:
—	—		■ PK SIMPLICITY MENU - Overnight Warm Chocolate Coconut Oats via TheHealthyApple + 2 hard boiled eggs
—	—		Lunch:
—	—		■ Big Leafy Green Salad with Sliced Grass-Fed Beef +
—	—		■ Guacamole and organic corn chips
—	—		Dinner:
—	—	■ Pimiento Cheese Panini via VegetarianTimes +	
—	—	■ Mango Farro Salad with Tomatillo Dressing via ChristyWilsonNutrition +	
—	—	■ Salad	
		Tuesday	Breakfast:
—	—		■ Strawberry Overnight Oats via ChristyWilsonNutrition +
—	—		■ 4 ounces fruit juice of choice
—	—		Lunch:
—	—		■ Leftover Chicken Vegetable Soup from Saturday +
—	—		■ 1 whole wheat roll +
—	—	■ Green salad	
—	—	Dinner:	
—	—	■ PK SIMPLICITY MENU - Whole Foods Prepared Citrus Honey Glazed Salmon + Spinach Salad with Pecans, Blue Cheese, and Asian Pears via VegetarianTimes	

Notes: _____

Week 6


KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Wednesday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Raspberry Yogurt Parfait via VegetarianTimes + whole grain toast + 4 ounces fruit juice of choice 	
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ Whole Foods Falafel Sandwich + ■ Whole Foods Organic Kale Chips + ■ 1 piece of whole fruit of choice 	
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Amy's Organic Bowls Light in Sodium Brown Rice and Vegetables ■ 3 ounces grilled chicken ■ Green salad 	
—	—		Thursday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Leftover Strawberry Overnight Oats from Tuesday + ■ 4 ounces juice + ■ 2 pieces Whole Foods Apple Chicken Breakfast Sausage
—	—			<p>Lunch:</p> <ul style="list-style-type: none"> ■ Whole Foods Fettuccine with Roasted Tomatoes + ■ Lemon roasted carrots + ■ Whole wheat roll + ■ Salad
—	—			<p>Dinner:</p> <ul style="list-style-type: none"> ■ Mushroom, Cheese, and Vegetable Strudel via VegetarianTimes + Garden Salad OR ■ PK SIMPLICITY MENU - Pizza 
—	—			

Notes: _____

Week 6

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Friday	Breakfast:
—	—		■ PK SIMPLICITY MENU - Amy's Oatmeal Bowl + fruit of your choice + 2 Tablespoons nuts or seeds + 4 ounces juice of choice
—	—		Lunch:
—	—		■ Amy's Organic Light in Sodium Soup of your choice +
—	—		■ Whole wheat roll or naan or low-sodium pita chips +
—	—		■ Whole Foods Arugula Salad
—	—		Dinner:
—	—		■ Chicken and Veggie Stir-Fried Rice via EASTewart OR
—	—		■ Amy's Pesto Tortellini Bowl +
—	—		■ Sliced red bell pepper
			
—	—	Saturday	Breakfast:
—	—		■ Whole Foods Bacon, Egg & Cheese Croissant +
—	—		■ Sautéed spinach +
—	—		■ Fruit of your choice
—	—		Lunch:
—	—		■ Black Bean-Quinoa Burger on a Lettuce or Whole Grain Bun via VegetarianTimes +
—	—		■ Quick Minestrone Soup via ChristyWilsonNutrition
—	—		Dinner:
—	—		■ PK SIMPLICITY MENU - Amy's Organic Spinach and Feta Pocket Sandwich + apple chips

Notes: _____

Week 6

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Sunday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ 2 eggs + ■ Butternut Squash Home Fries via VegetarianTimes + ■ Fruit of your choice 	
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Amy's Organic Indian Mattar Paneer Light in Sodium 	
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Leftover Chicken and Veggie Stir-Fry from Friday + ■ Garden salad 	
—	—		Snack/Dessert Ideas	<p>*It is recommended that you add 1-2 snacks per day, as your daily calorie needs are increased during pregnancy. A suggestion would be to add one snack between breakfast and lunch and another between lunch and dinner.</p>
—	—			<p>**The recommendation for sodium intake is less than 2,400 mg per day. This means that it is necessary to be mindful of this when purchasing pre-packaged foods, as the sodium may be higher in these items. Always try to choose "low-sodium" or "no salt added" items, as well as checking the nutrition labels for the milligrams of sodium in frozen meals.</p>
—	—			<ul style="list-style-type: none"> ■ Gluten-Free "Very" Many Layer Dip via TheHealthyApple ■ Cucumber-Grape Smoothie via VegetarianTimes ■ Dark Chocolate Raspberry Muesli via RealMomNutrition
—	—	<ul style="list-style-type: none"> ■ Whole Foods organic fruit strips from + low-sodium pretzels ■ Organic peeled peas with sea salt from Whole Foods + organic seed or grain crackers ■ Whole Foods Beet Chips 		
—	—	<ul style="list-style-type: none"> ■ Plain air-popped popcorn ■ Whole grain toast + kiwi jam 		
—	—			



Notes: _____

Week 7

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Monday	Breakfast: ■ Whole Wheat Crepe Bar via RealMomNutrition + ■ 4 ounces juice of choice	
—	—		Lunch: ■ PK SIMPLICITY MENU - Whole Foods Small Kale Caesar Salad + Amy's Light in Sodium Macaroni and Cheese + ½ cup fresh berries	
—	—		Dinner: ■ Whole Foods Rotisserie Chicken + ■ Potato latkes + ■ Roasted vegetables + ■ Whole wheat roll	
—	—		Tuesday	Breakfast: ■ PK SIMPLICITY MENU - KIND breakfast bar of your choice + fruit of your choice + 4 ounces whole organic milk yogurt - plain
—	—			Lunch: ■ Leftover Black Bean-Quinoa Burger on whole grain bun + carrot and green bean fries from Saturday
—	—			Dinner: ■ Thai Carrot and Sweet Potato Soup via HalfBakedHarvest + ■ Beet and Pomegranate Salad via HalfBakedHarvest +



Notes: _____

Week 7

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
		Wednesday	Breakfast:
—	—		■ PK SIMPLICITY MENU - 2 eggs + 2 link Whole Foods Chicken Apple Sausage + fruit of your choice
—	—		Lunch:
—	—		■ Rainbow Rotisserie Chicken with Avocado via EAStewart + ■ Green juice of choice
—	—		Dinner:
—	—		■ Shrimp and Asparagus Risotto via IowaGirlEats + ■ Garden salad
		Thursday	Breakfast:
—	—		■ Honey lime quinoa fruit salad + ■ 1 hard boiled egg + ■ 3 ounces breakfast ham
—	—		Lunch:
—	—		■ PK SIMPLICITY MENU - Leftover Rotisserie Chicken + roasted vegetables + salad + whole wheat roll
—	—		Dinner:
—	—		■ Whole Foods Prepared Pumpkin Raisin Tamales + ■ Low-sodium black beans + ■ Brown rice + ■ Steamed broccoli



Notes: _____

Week 7

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Friday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ Whole Foods Toastable Apple Cinnamon Fruit and Grain Buns + ■ Greek yogurt spread + ■ Fruit of choice
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Amy's Organic Mushroom Risotto Bowl + arugula salad
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ Leftover Thai Carrot and Sweet Potato Soup from Tuesday + ■ Bell pepper slices + ■ Salad
—	—	Saturday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Leftover Honey Lime Quinoa Fruit Salad from Thursday + protein smoothie
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ Whole Foods Sushi Cucumber Avocado Roll + ■ Miso soup + ■ 1 piece fruit of choice
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ Tomato Basil Chicken Florentine Pasta via HalfBakedHarvest + ■ Salad of your choice



Notes: _____

Week 7

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Sunday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Whole grain toast with ½ large OR 1 small avocado + ■ 2 eggs of your choice 	
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Tomato Basil Chicken Florentine Pasta + arugula salad + small baguette with olive oil and black pepper for dipping 	
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Whole Foods Herb Roasted Turkey Breast + ■ Roasted brussel sprouts + ■ Spaghetti Squash and Roasted Cauliflower via TheHealthyApple 	
—	—		Snack/Dessert Ideas	<p>* It is recommended that you add 1-2 snacks per day, as your daily calorie needs are increased during pregnancy. A suggestion would be to add one snack between breakfast and lunch and another between lunch and dinner.</p>
—	—			<p>**The recommendation for sodium intake is less than 2,400 mg per day. This means that it is necessary to be mindful of this when purchasing pre-packaged foods, as the sodium may be higher in these items. Always try to choose “low-sodium” or “no salt added” items, as well as checking the nutrition labels for the milligrams of sodium in frozen meals.</p>
—	—			<ul style="list-style-type: none"> ■ Pumpkin Pie Smoothie via WellnessMama
—	—			<ul style="list-style-type: none"> ■ Root Vegetable Sticks with Roasted Garlic Dip via VegetarianTimes
—	—			<ul style="list-style-type: none"> ■ Strawberry Fruit Leather via WellnessMama
—	—			<ul style="list-style-type: none"> ■ Chia Pudding (3 variations) via HalfBakedHarvest
—	—	<ul style="list-style-type: none"> ■ Multigrain crackers + pear + gouda/brie/goat cheese 		
—	—	<ul style="list-style-type: none"> ■ Hummus + artichoke + spinach wrap in whole grain tortilla 		
—	—	<ul style="list-style-type: none"> ■ Earth’s Best Organic Blueberry Banana Squeeze 		



Notes: _____

Week 8

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Monday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Sweet Potato, Black Bean & Avocado Breakfast Burrito via AmbitiousKitchen + ■ Fruit of choice
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Whole Foods Prepared Egg Salad + melba toast + sliced cucumber or pickle + cherry tomatoes
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Roasted Cod and Carrots with Turmeric Tzatziki via WholeFoodsMarket + ■ Brown rice
—	—		<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Whole Foods Bakery Carrot Raisin Flax Muffin + ■ Fruit of your choice + ■ 4 ounces whole fat organic milk yogurt - plain
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Amy's Organic Teriyaki Meal Bowl + 1 whole wheat roll + green salad
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Extra Vegetable Fried Rice via CookieandKate ■ Salad of your choice
—	—	Tuesday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Whole Foods Bakery Wild Blueberry Flax Seed Muffin + whole fruit of your choice +
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ Crockpot Chicken and Wild Rice Soup via IowaGirlEats ■ 1 cup of low-sodium soup of your choice from Whole Foods Soup Bar (i.e. garden vegetable)
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Amy's Organic Broccoli or Chicken Pot Pie
—	—	Wednesday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Whole Foods Bakery Carrot Raisin Flax Muffin + ■ Fruit of your choice + ■ 4 ounces whole fat organic milk yogurt - plain
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Amy's Organic Teriyaki Meal Bowl + 1 whole wheat roll + green salad
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Extra Vegetable Fried Rice via CookieandKate ■ Salad of your choice



Week 8

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Wednesday	Breakfast: ■ PK SIMPLICITY MENU - Kashi Organic Cereal with Almond Milk + fruit of your choice + 1 Tbsp raw nuts	
—	—		Lunch: ■ Amy's Organic Brown Rice Black-Eyed Peas and Veggies Bowl + ■ Green salad	
—	—		Dinner: ■ Leftover Tomato Basil Chicken Florentine Pasta from Saturday + ■ Salad of your choice	
—	—		Thursday	Breakfast: ■ Spinach and bell pepper omelette + ■ Whole grain toast with avocado
—	—			Lunch: ■ Leftover Herb Roasted Turkey Breast + Harvest Salad from Sunday
—	—			Dinner: ■ PK SIMPLICITY MENU - Whole Foods Green Cart Veggie Wrap + low sodium corn chips + salsa or hummus



Notes: _____

Week 8

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS
—	—	Friday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ Mini Ham and Cheese Quinoa Cups via IowaGirlEats + ■ Whole fruit of your choice
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Amy's Organic Broccoli Cheddar Bowl + green salad + fruit smoothie
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ Whole Foods Prepared Chicken Cacciatore + ■ 1 whole wheat roll + ■ Garden Salad
—	—	Saturday	Breakfast:
—	—		<ul style="list-style-type: none"> ■ Evol Foods Lean and Fit Chicken Apple Sausage Egg White and Cheddar Flatbread + ■ Fruit of your choice
—	—		Lunch:
—	—		<ul style="list-style-type: none"> ■ Whole Foods Shrimp Tempura Roll + ■ Miso + ■ Cucumber salad
—	—		Dinner:
—	—		<ul style="list-style-type: none"> ■ Greek Gyro via HalfBakedHarvest + ■ Sweet Potato Fries via HalfBakedHarvest + ■ Fruit of choice



Notes: _____

Week 8

KEY: ■ Quick and Easy | ■ Prepared Take Away | ■ Make at Home

SELECT	QTY.	DAY	MEAL IDEAS	
—	—	Sunday	<p>Breakfast:</p> <ul style="list-style-type: none"> ■ Leftover Mini Ham and Cheese Quinoa Cups from Friday + ■ Fruit of your choice 	
—	—		<p>Lunch:</p> <ul style="list-style-type: none"> ■ PK SIMPLICITY MENU - Amy's Organic Spinach or Vegetable Lasagna + Carrots OR Sauteed Mushrooms 	
—	—		<p>Dinner:</p> <ul style="list-style-type: none"> ■ Turkey Pot Pie via WholeFoodsMarket + ■ Roasted asparagus 	
—	—		Snack/Dessert Ideas	<p>*It is recommended that you add 1-2 snacks per day, as your daily calorie needs are increased during pregnancy. A suggestion would be to add one snack between breakfast and lunch and another between lunch and dinner.</p>
—	—			<p>**The recommendation for sodium intake is less than 2,400 mg per day. This means that it is necessary to be mindful of this when purchasing pre-packaged foods, as the sodium may be higher in these items. Always try to choose "low-sodium" or "no salt added" items, as well as checking the nutrition labels for the milligrams of sodium in frozen meals.</p>
—	—			<ul style="list-style-type: none"> ■ Warm Fruit Bowl with Cashew Milk via NutritionStripped ■ Fudgy Zucchini Bread via RealMomNutrition ■ St. Dalfour Three Beans with Sweet Corn Instant Bowl ■ Amy's Organic Cheese Pizza Toaster Pops ■ Whole Foods Omega 3 Trail Mix ■ Chia Co. Banana Yogurt + KIND granola
—	—			
—	—			
—	—			



Notes: _____
