

SAMPLE PLAN FOR A PREGNANT WOMAN

By Guru Mann

Breakfast

- ½ cup Cantaloupe (Melon) or 1 Orange
- 2 eggs scrambled with ¼ cup mushrooms and bell pepper
(Using 1 teaspoon canola oil)
- 1 slice of whole wheat toast
- 1 cup low-fat milk

Snack

- 1 large apple or Pear
- 240ml coconut water or 30g coconut

Lunch

- 1 medium baked potato topped with ¾ cup beans or lentils
(cooked with onion and tomato)
- 1 Whole Wheat Chapati
- or
- 1 cup Green Beans with ½ potato
- 1 whole wheat chapatti
- or
- 120g chicken or Fish
- ½ cup brown basmati rice

Snack

- ½ cup carrots
- 15 Almonds
- or
- 300ml Carrot Beet juice
- 15 Almonds

Dinner

- ½ cup cauliflower
- 1 chapati
- 1 Orange

or

-1 cup spinach with paneer

-1 chapati

-1 Orange

or

-1 cup Okra (bhindi)

-1 chapati

-1 Orange

Snack

-240ml low-fat yogurt

-2 Fiber biscuits

This sample daily menu totals slightly less than 2000 calories with 3 1/4 cups of vegetables, a little bit more than 3 cups of fruit, 8 ounces of meat and beans, 7 ounces of grains, 2 1/3 cups of dairy products, and 2 tablespoons of healthy fats and oils.