

verywell fit 7-Day First Trimester Pregnancy Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Oatmeal with Banana and Walnuts	Peanut Butter-Banana Smoothie	Greek Yogurt with Blueberries and Almond Butter	Peanut Butter-Banana Smoothie	Scrambled Eggs with Toast and Tomato	Greek Yogurt, Granola, and Strawberries	Greek Yogurt, Blueberries, and Almond Butter
Snack	Edamame with Avocado	Grapes, Almond Butter, and Whole Grain Crackers	Popcorn, Chocolate Chips, and Walnuts	Almonds and Raisins	Orange and Mixed Nuts	Pear and Swiss Cheese	Edamame
Lunch	Tuna Sandwich with Spinach and Red Pepper	Egg Salad Sandwich with Spinach and Red Pepper	Kale Sald with Grilled Chicken and a Roll	Pasta with Lentils and Broccoli	Pesto Pasta with Broccoli and Grilled Chicken	Salmon Salad Sandwich with Carrots	Egg Salad Sandwich with Tomato and Carrots
Snack	Greek Yogurt with Strawberries and Granola	Greek Yogurt with Strawberries and Granola	Hummus and Carrots with Mixed Nuts	Sunflower Seeds and Strawberries	Apple and Cheddar Cheese	Hummus with Carrots and Crackers	Apple, Cheddar Cheese, and Whole Grain Crackers
Dinner	Grilled Chicken with Broccoli, Kale, and Pasta	Grilled Chicken and Brown Rice Bowl	Bean and Rice Bowl	Grilled Fish, Brown Rice, Green Beans, and Salad	Tofu, Brown Rice, Broccoli and Cauliflower	Lentil and Veggie Pasta	Salmon, Quinoa, and Kale Salad
Snack	Apple and Cheddar Cheese	Vanilla Ice Cream with Strawberries	Banana and Peanut Butter	Roasted Chickpeas and Raisins	Vanilla Ice Cream with Strawberries and Peanut Butter	Sunflower Seeds, Walnuts, and Strawberries	Hummus with Red Pepper and Broccoli

Verywell Fit's content is for informational and educational purposes only, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. You may wish to consult a health care provider before making any major changes to your diet or lifestyle