

## 1st Trimester Sample Meal Plan

(around 1800 cal/day)

### **Breakfast**

- 2 eggs scrambled (with canola oil cooking spray)
- 2 slices whole wheat toast
- 1 tbsp jelly or jam
- 1 cup of coffee or tea with milk (optional)
- 1 cup 1% milk

### **Lunch**

Brown rice salad bowl

- 1 cup romaine lettuce
- ½ cup brown rice
- 2 ounces grilled chicken or black beans
- ¼ cup sliced bell peppers
- 2 slices avocado
- ¼ cup sliced tomatoes
- homemade salsa
- 1 tbsp shredded cheddar cheese

1 cup water

### **Dinner**

- 1 medium skinless chicken breast, with balsamic vinegar marinade
- 1 cup Brussels sprouts
- 1 cup sweet potato fries
- 1 cup water

### **Snack 1**

- 1 apple, medium sized
- ½ cup cottage cheese

### **Snack 2**

- 1 (6oz) container plain Greek yogurt, fat-free
- 1 cup of berries