

2nd Trimester Sample Meal Plan

(around 2200 cal/day)

Breakfast

- 1 cup of cooked Oatmeal
- ¼ cup raisins
- ¼ cup walnuts
- 1 cup of coffee or tea with milk (optional)
- 1 cup of 1% milk

Lunch

Grilled chicken pita sandwich

- 4 oz. grilled chicken*
- Medium whole-wheat pita*
- ½ cup chopped tomatoes*
- ½ cup spinach*
- ½ cup of avocado sliced*
- 1 oz cheddar cheese (goal: <5g saturated fat per serving)*

1 medium apple

Dinner

- 1 cup of 1% milk
- 4 oz. salmon
- 1 cup quinoa
- 1 cup broccoli
- 1 whole grain roll
- 1 tsp butter

Snack 1

- 3 tbsp hummus
- ½ cup carrots
- ½ cup sweet red peppers

Snack 2

- 1 cup of strawberries
- 6 oz fat-free Greek Yogurt
- 1 oz/(22 nuts) almonds