

3rd Trimester Sample Meal Plan

(around 2300 cal/day)

Breakfast

2-egg omelet

¼ cup broccoli

1 slice whole-wheat toast

2 tbsp whipped cream cheese

1 cup 1% milk

1 cup of coffee/tea with milk (optional)

Lunch

Chicken sandwich

2 slices whole wheat bread

1 tbsp Dijon mustard

3 oz. lean grilled chicken

½ cup avocado

½ cup tomato slices

½ cup cucumber slices

¾ cup carrots

2 tbsp hummus

Dinner

2 cups cooked whole-wheat pasta

½ cup mozzarella, fresh and cubed

¼ cup red pepper

¼ cup onions

¾ cup spinach

2 tbsp olive oil

Snack 1

1 pear, sliced

1 oz walnuts

1 cup plain yogurt

1 tsp cinnamon

Snack 2

½ apple

1 cup 1% milk

2 homemade peanut butter cookies