

# HOW TO *meal plan*



## FOR PREGNANCY

[THEPRENATALNUTRITIONIST.COM](http://THEPRENATALNUTRITIONIST.COM)



# Welcome!

I'm so happy you're here. **I have to be honest** with you I LOVE what I do. Of course, it comes with its ups and downs like every job, but it's truly amazing to be able to help women during this special time. You see **my job is different than most peoples**. Why? Because everyone eats. Now obviously my job involves more than JUST talking about food, but I do talk about (& think about) food a lot.

My only real wish is that you find a balance that works for you without worrying about what everyone else is eating or saying. This is HARD during pregnancy because almost everyone has an opinion on what you should (& shouldn't be eating), but honestly it's none of their business.

The purpose of this download is for you to simply get started because this is the first step to giving your baby one of the best gifts in the world, good health.

**So, let's take the stress and fear OUT OF prenatal nutrition and put in the joy and ease.**

Best,

**RYANN** *the prenatal nutritionist*

registered dietitian | lactation educator



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# this is for you if

you want to do everything you can to help your baby thrive

**1** you are **confused** with all the nutrition recommendations online

**2** you are **tired** of scrolling Pinterest wondering if the information is accurate or even worth your time

**3** you are **nervous** you aren't meeting your nutrient needs or eating enough

**4** you **struggle to put meals together** and find meal planning stressful and overwhelming

**5** you are **busy**, but know your baby is your number one priority right now

## YOU KNOW WHAT YOU NEED

**AN EXPERT** you need **more information**, more guidance, & words of advice from someone who's qualified

**A PLAN** you need **structure**, a detailed plan that gives you a place to even get started; without a plan, you feel lost

**BALANCE** you need to **find a routine** that works for you so you feel confident and prepared while ditching the overwhelm



# WHY *winging it* WON'T WORK

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**"I'm just gonna wing it."**

- said no one ever about their wedding day

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**You have good weeks and bad weeks and feel sort of all over the place with your diet.**

You've tried trendy diets before but know this not ideal during pregnancy.

**Your doctor is no help.** They advised a prenatal vitamin, but what about actual foods to eat? Drinks to avoid? Iron? Vitamin D? Greens? Protein?

**Up until this point, you've felt like you've generally been a healthy eater,** but realize now your food choices aren't only affecting you, they are affecting the precious new life you are creating.

**You know you can do better,** but honestly don't know where to start, what foods to ditch, and what foods to eat more of.

## SO, WHY ARE YOU WINGING NUTRITION DURING YOUR PREGNANCY?

Can we just agree that planning a pregnancy/being pregnant is a larger life event than a wedding? (I'm not knocking marriage being a life altering event also)

Although 70% of people pour more time and money into getting married than they do to planning for pregnancy or care during their pregnancy.



## *more than you*

**The science is clear: what you eat during pregnancy affects your baby in so many ways.**

For example, research may be unclear on the exact amount of choline we need or whether it's best to get it from supplements or from food or how exactly it works with folate, but we know if we don't get enough choline in combination with folate, our baby may not develop properly.

**There are no do-overs in pregnancy.**

I'm not saying this to scare you, but to be 100% transparent. You have a big responsibility and also the ability to give your baby the amazing gift of good health.

**Your diet is in your control** and has the ability to leave a mark on your baby's health for the rest of their life.

# setting up for success

## 1 Remember **WHY** this is important to you.

You're doing this because you're dedicated to making healthy choices for you and baby. You want baby to hit every milestone while inside the womb, but also as they move through life.

## 2 Clean your kitchen & old diet habits.

Be honest with yourself when you're evaluating your current nutrition practices and take time to go through your kitchen and tidy up! Out with the old, in with the new (food & diet thoughts).

## 3 **PLAN. PLAN. PLAN.**

Planning eliminates overwhelm, weeknight chaos, and actually saves you time. Not to mention helps you increase your energy and ace nutrition for you and baby.

## WHAT YOU DON'T WANT TO HAPPEN

You don't want to **continue to feel** the **stress** of meal planning, get **stuck** eating the same 3 meals, or continue to feel **afraid** you aren't meeting your nutrient needs.

You most certainly do not want any pregnancy complications.





# *5-day* MEAL PLAN

**Disclaimer:** This meal plan was built for healthy individuals and is not meant to treat, cure, or reverse any health conditions. Please consult with a prenatal nutrition specialist if you have further questions.

# day one

## breakfast

2 eggs, scrambled  
2 cups spinach, cooked in  
scrambled eggs  
1 mozzarella cheese stick,  
shredded and melted in eggs  
1 piece of whole grain toast + 2  
tsp butter



## lunch

**Serves 1 - Shrimp & zoodles bowl**  
6 medium-sized shrimp, cooked to 145 F  
1 cup zoodles, cooked/heated  
½ cup wild rice  
¼ cup purple cabbage, raw or cooked  
½ avocado



## dinner

**Serves 2-3 - One pan chicken + veggie dinner**  
2 chicken breasts seasoned with salt & pepper (or your other favorite seasoning)  
2 cups Brussels sprouts, cut in half  
½ red onion, sliced  
1 small garlic bulb (optional, but yummy)

Preheat oven to 375 F. Drizzle a large baking sheet with avocado oil or oil spray. Place chicken breasts in the middle of the pan. Scatter Brussels sprouts, onion, and garlic cloves around the chicken breasts. Bake in oven for 25-30 minutes or until the chicken reaches 165 F.

## snacks

**Serves 1 - Yogurt Parfait**  
6 oz. plain greek yogurt  
1 cup strawberries  
1 tbsp chia seeds  
1 tbsp slivered almonds  
1 pinch unsweetened coconut shreds  
1 apple + 2 tbsp almond (or other) butter



# day two

## breakfast

### Serves 1

2 eggs, cooked over hard in avocado oil  
1 cup fresh spinach sautéed  
¼ cup purple cabbage, sautéed with spinach  
½ avocado  
1 cup strawberries halves topped with 4 oz. Greek yogurt and 2 tsp chia seeds



## lunch

### Serves 1 - turkey and wild rice bowl

4 oz. ground turkey, ½ cup wild rice, 1 ½ cup spinach, ½ cup broccoli, 1 tbsp slivered almonds, 1 tbsp red onion (you can leave it raw or cook it with the ground turkey)

**Dressing:** ¼ tsp Dijon mustard, 1 tbsp olive oil, 1 ½ tsp balsamic vinegar, 1 pinch salt/pepper, 1 tsp dried basil, and 1 tsp water

Cook ground turkey, cook wild rice, and steam broccoli. Whisk dressing ingredients together. Add spinach to the bottom of a bowl. Add rice, turkey, broccoli, red onion, and almonds. Toss bowl contents with dressing and enjoy.



## dinner

### Serves 2-3 - Grilled flank steak with roasted asparagus and sweet potatoes

**Steak marinade** - ½ tsp salt, ¼ tsp ground pepper, ¼ cup extra virgin olive oil, ¼ cup lemon juice, 1 tbsp minced garlic

**Asparagus** - wash and trim; toss in avocado oil, salt and pepper, and Italian seasoning

**Sweet potatoes** - wash and discard any bruised parts; dice into 1-inch squares and toss in avocado oil, salt and pepper, and Italian seasoning

Preheat oven to 375-400 F. Marinate steak for 20-30 minutes.

Place sweet potatoes evenly on a baking sheet and roast in the oven for 20 minutes.

In a cast iron skillet (if you have one), cook the steak on medium heat, flipping occasionally.

Once the sweet potatoes have cooked for 20 minutes, add the asparagus to the pan and cook for an additional 10-15 minutes.

## snacks

1 mozzarella cheese stick +  
2 tbsp pumpkin seeds

1 medium banana +  
2 tbsp almond (or other) butter





# day three

## breakfast

1 egg + 1 piece of toast + 1/2 cup cherry tomatoes (sautéed) + fresh basil



## lunch

flank steak with roasted asparagus and sweet potato **LEFTOVERS**



## dinner

**baked salmon on spinach salad:**  
3-4 oz. salmon fillet, 2 cups fresh spinach, 1/3 cup roasted chickpeas, 1/2 cup roasted bell pepper slices, 2 tbsp vinaigrette dressing  
**make 2 servings for tomorrow's dinner**



## snacks

1 hard boiled egg + 1 apple

1 cheese stick + 6-8 crackers



# day four

## breakfast

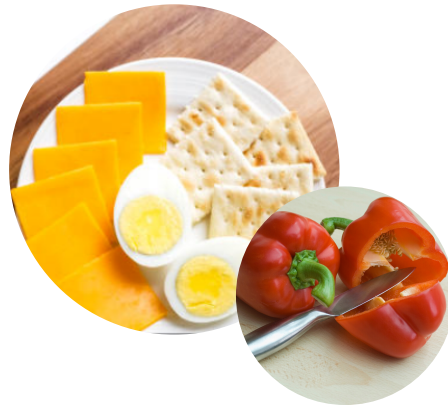
### **yogurt parfait:**

8 oz. plain Greek yogurt, 1/2 cup sliced strawberries, 1 tbsp chia seeds, 1 tbsp unsweetened coconut, 1 tbsp walnut pieces, 1 tsp stevia to sweeten



## lunch

2 hard boiled eggs  
6-8 crackers  
1 oz. cheddar cheese  
1/2 red bell pepper sliced



## dinner

**baked salmon on spinach salad**



## snacks

1 orange + 2 tbsp pumpkin seeds

**avocado toast:** 1 piece of toast + 1/2 avocado + seasoning of your choice



# day five

## breakfast

### **3-egg omelet:**

3 eggs, fresh basil, cherry tomatoes, 1/2 cup mushrooms, 1 oz. cheddar cheese, 1/4 avocado



## lunch

### **Serves 1 - Shrimp & zoodles bowl**

6 medium-sized shrimp, cooked to 145 F  
1 cup zoodles, cooked/heated  
1/2 cup wild rice  
1/4 cup purple cabbage, raw or cooked  
1/2 avocado



## dinner

### **chicken, veggie, cauliflower rice stir-fry:**

1 cup chicken, 1/2 cup cauliflower rice, 1 cup broccoli (or stir-fry veggies)



## snacks

1 cheese stick + 6-8 crackers

1 cup berries + 1 oz. almonds





# grocery list

## produce

1 lb. strawberries  
1 pint blueberries  
1 package fresh spinach  
1 red onion  
1 red bell pepper  
1 bunch asparagus  
10 oz. cherry tomatoes  
2 cups zoodles  
1 sweet potato  
2-3 avocados  
1 banana  
2 apples  
1 orange  
2 cups Brussels sprouts  
1 cup purple cabbage  
1 small bulb of garlic, optional  
1/2 cup cauliflower rice  
1 cup broccoli  
1/2 cup sliced mushrooms  
1 oz. fresh basil

## nuts, seeds, & grains

1 package chia seeds  
1 package unsweetened coconut flakes  
1 package almonds  
1 package pumpkin seeds, shelled  
1 jar nut butter  
1 cup wild rice, uncooked  
1 package whole grain crackers  
1 loaf of whole grain bread

## protein

1 dozen eggs, ideally, pasture-raised  
1- 1 lb. flank steak (for two servings)  
2 chicken breasts (for two servings)  
1 cup chicken, diced (or an additional chicken breast)  
8 oz. ground turkey (for two servings)  
12 shrimp (for two servings)  
2 salmon fillets, wild-caught

18 oz. plain Greek yogurt made with whole milk  
4 mozzarella cheese sticks  
2 oz. cheddar cheese

1 can chickpeas

## pantry staples

Salt  
Pepper  
Italian seasoning  
Balsamic vinegar  
Dijon mustard  
Extra virgin olive oil  
Avocado oil  
Real butter, ideally grass-fed

## THIS PLAN PROVIDES

30 + grams of fiber per day  
200% vitamin C needs  
> 100 % daily folate needs  
> 100% daily choline needs  
> 100% omega-3 needs  
100% calcium needs  
100% zinc needs  
100% iron needs



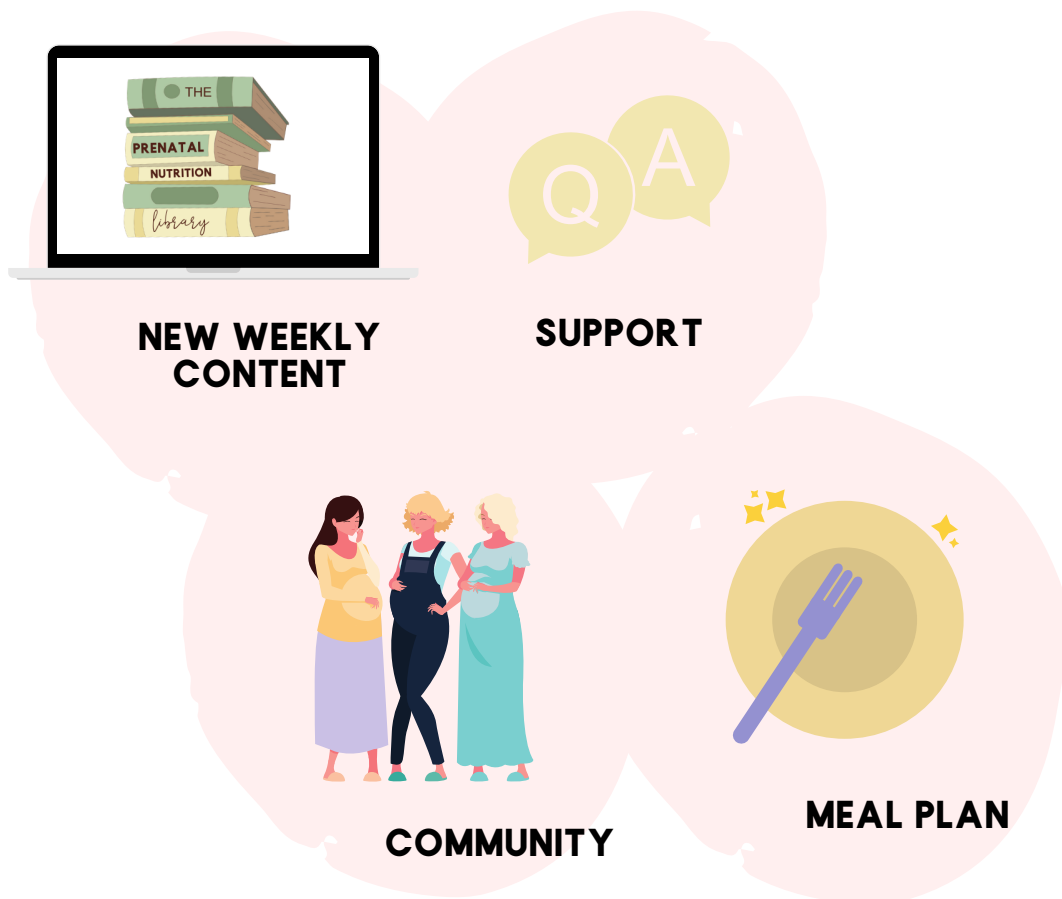
# Meal PLANNER

MON	B L D S		WEEK OF		
			GROCERIES		
TUE	B L D S				
			WED		
				THU	B L D S
			FRI		
				SAT	B L D S
			SUN		
				NOTES	

# ARE YOU OVERWHELMED TRYING TO FIGURE OUT **WHAT TO EAT** DURING YOUR **PREGNANCY**?

**The Prenatal Nutrition Library** takes the stress out of confirming what's safe and what's not.

And helps you gain confidence in making daily food choices during your pregnancy.



**JOIN THE PRENATAL NUTRITION LIBRARY**



# meet Ryann



## my food philosophy

Our food and diet decisions revolve around many things, culture, family history, health, taste, cost, availability, etc. My approach to nutrition is individualized and catered to your unique needs. I aim to meet you where you are so we can set realistic goals. Fad or quick fix diets don't work and they never will. Balance and consistency are key, even when it comes to your prenatal nutrition. Obtaining your best health is a continual process and is meant to be sustainable and fun.

Ryann is a clinically trained registered dietitian nutritionist and certified lactation educator.

She has previous experience working with the supplemental nutrition assistance program for women, infants, and children teaching nutrition classes and providing one on one counseling to hundreds of women during their pregnancy and breastfeeding.

Ryann is the founder of The Prenatal Nutritionist and Instagram account @prenatalnutritionist where she educates on healthy habits during pregnancy and beyond and motivates women to advocate for the care they need and deserve.

Aside from one on one nutrition counseling, Ryann is a nutrition writer and menu developer. Ryann is passionate about continuing to learn and broaden her skill set.

She is currently attending San Diego State University to get her Masters in Public Health focusing on maternal health. She is currently working on her first publication, a pregnancy cookbook that will be available this fall.

let's connect 

@prenatalnutritionist