








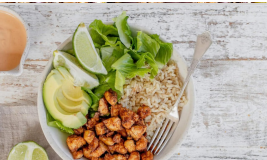






Pregnancy Meal Plan

Nicole Osinga

nicoleosinga@gmail.com

	Mon	Tue	Wed
Breakfast	 <p>Berry Banana Smoothie</p>	 <p>Overnight Vanilla Protein Oats</p>	 <p>Banana Oat Protein Pancakes</p>
Lunch	 <p>Sautéed Chickpea & Edamame Bowl</p>	 <p>Lentil Masala Soup</p>	 <p>Crumbled Tofu Tacos</p>
Snack 2	 <p>Chocolate Pumpkin Energy Bars</p>	 <p>Kiwi Granola Chia Pudding</p>	 <p>Cashew Queso with Veggies</p>
Dinner	 <p>Crispy Tofu Burrito Bowl</p>	 <p>Roasted Red Pepper & Tahini Beans with Air Fryer...</p>	 <p>Edamame, Broccoli & Chickpea Pasta Salad</p>

Mon

Fat 44%
Carbs 39%
Protein 17%

Calories	1763
Fat	89g
Carbs	181g
Fiber	41g
Sugar	41g
Protein	79g
Cholesterol	4mg
Sodium	886mg
Vitamin A	9943IU
Vitamin C	95mg
Calcium	1279mg
Iron	20mg

Tue

Fat 33%
Carbs 51%
Protein 16%

Calories	1474
Fat	55g
Carbs	192g
Fiber	51g
Sugar	36g
Protein	63g
Cholesterol	2mg
Sodium	2537mg
Vitamin A	5144IU
Vitamin C	116mg
Calcium	1101mg
Iron	22mg

Wed

Fat 36%
Carbs 41%
Protein 23%

Calories	1671
Fat	69g
Carbs	181g
Fiber	38g
Sugar	38g
Protein	101g
Cholesterol	5mg
Sodium	2882mg
Vitamin A	12021IU
Vitamin C	123mg
Calcium	1270mg
Iron	21mg

Fruits

- 2 Avocado
- 1 1/2 Banana
- 1/4 cup Blueberries
- 1 Kiwi
- 1/2 Lemon
- 1 tbsp Lime Juice
- 1/4 cup Raspberries

Breakfast

- 1 tbsp Almond Butter
- 1/4 cup Granola
- 1/3 cup Maple Syrup
- 1/3 cup Pumpkin Seed Butter
- 1 1/2 cups Rice Puffs Cereal

Seeds, Nuts & Spices

- 1 cup Cashews
- 1/8 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1/2 tsp Cinnamon
- 1 tbsp Garam Masala
- 1/2 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 1/2 tsp Ground Ginger
- 2 tbsps Hemp Seeds
- 1 tsp Italian Seasoning
- 1 cup Pumpkin Seeds
- 2 2/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 1 1/8 tbsps Taco Seasoning
- 1 tsp Turmeric
- 1 tbsp Whole Flax Seeds

Frozen

- 1 cup Frozen Berries
- 2 1/2 cups Frozen Edamame

Vegetables

- 2 cups Asparagus
- 2 cups Baby Spinach
- 3 cups Broccoli
- 4 Carrot
- 1 1/8 cups Cilantro
- 1/2 Cucumber
- 7 Garlic
- 5 cups Kale Leaves
- 1/2 cup Microgreens
- 2 tbsps Parsley
- 1/2 Red Bell Pepper
- 1 1/2 cups Red Onion
- 4 ozs Roasted Red Peppers
- 10 leaves Romaine

Boxed & Canned

- 1 3/4 cups Brown Rice
- 1 cup Canned Coconut Milk
- 2 1/2 cups Cannellini Beans
- 4 ozs Chickpea Pasta
- 1 1/2 cups Chickpeas
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 2 tbsps Salsa
- 1 tbsp Tomato Paste
- 4 cups Vegetable Broth

Baking

- 1 tsp Baking Powder
- 1 oz Dark Chocolate
- 1/3 cup Nutritional Yeast
- 1 cup Oat Flour
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 4 Corn Tortilla
- 1 1/2 lbs Tofu

Condiments & Oils

- 2 tbsps Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1 1/2 tps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 2 tbsps Hot Sauce
- 1 oz Pickled Red Onions
- 1/2 cup Tahini
- 2 tbsps Tamari

Cold

- 2 tbsps Guacamole
- 1 cup Oat Milk
- 1 1/4 cups Soy Milk
- 2 1/4 cups Unsweetened Almond Milk

Other

- 1 1/8 cups Vanilla Protein Powder
- 3/4 cup Water



Berry Banana Smoothie

1 serving
5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 1 cup Frozen Berries
- 1/2 Banana
- 1 cup Kale Leaves
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Whole Flax Seeds

Nutrition

Amount per serving	
Calories	309
Fat	8g
Carbs	40g
Fiber	12g
Sugar	22g
Protein	24g
Cholesterol	4mg
Sodium	213mg
Vitamin A	1547IU
Vitamin C	65mg
Calcium	673mg
Iron	3mg

Directions

- 1 Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder: Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free: Use nut-free milk such as oat milk.



Overnight Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Nutrition

Amount per serving	
Calories	309
Fat	11g
Carbs	37g
Fiber	9g
Sugar	3g
Protein	18g
Cholesterol	2mg
Sodium	124mg
Vitamin A	327IU
Vitamin C	6mg
Calcium	430mg
Iron	3mg

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Leftovers: Keep well in the fridge for 3 to 4 days.

Serving Size: One serving is approximately 1 1/2 cups.

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Banana Oat Protein Pancakes

2 servings

15 minutes

Ingredients

- 1 cup Oat Flour
- 2/3 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Sea Salt
- 1 Banana (medium, mashed)
- 1 1/4 cups Soy Milk
- 1 1/2 tps Extra Virgin Olive Oil
- 1 tbsp Maple Syrup (optional)

Nutrition

Amount per serving	
Calories	549
Fat	12g
Carbs	71g
Fiber	10g
Sugar	19g
Protein	41g
Cholesterol	5mg
Sodium	515mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	523mg
Iron	4mg

Directions

- 1 In a mixing bowl, combine the flour, protein powder, baking powder, flax seed, and salt.
- 2 Add the mashed banana and milk to the bowl. Stir until well combined.
- 3 Heat a large non-stick skillet over medium heat and lightly grease with oil. Scoop 1/4 cup of batter at a time into the pan and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
- 4 Divide onto plates and top with maple syrup, if desired. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size: One serving is approximately three pancakes.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Soy-Free: Use oat milk instead.

Additional Toppings: Serve with berries, yogurt, and/or nut butter.



Sautéed Chickpea & Edamame Bowl

3 servings
45 minutes

Ingredients

- 3/4 cup Brown Rice (dry, rinsed)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Red Onion (chopped)
- 1 1/2 cups Frozen Edamame (thawed)
- 1 1/2 cups Chickpeas (cooked)
- 1/2 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach
- 1/3 cup Pumpkin Seeds
- 1 tbsp Hemp Seeds

Nutrition

Amount per serving	
Calories	614
Fat	26g
Carbs	73g
Fiber	14g
Sugar	9g
Protein	27g
Cholesterol	0mg
Sodium	32mg
Vitamin A	2133IU
Vitamin C	16mg
Calcium	135mg
Iron	7mg

Directions

- 1 Cook the rice according to the package directions and set aside.
- 2 Heat the oil in a pan over medium heat. Add the onions and sauté for two to three minutes or until they have softened.
- 3 Add the edamame and chickpeas. Mix in the garlic powder, salt, and pepper. Cook for five to seven minutes or until the chickpeas and edamame are browned, stirring occasionally. Add a splash of water if needed.
- 4 Stir in the spinach and cook for another one to two minutes or until the spinach starts to wilt.
- 5 To assemble, evenly divide the rice, sautéed chickpea and edamame mixture, pumpkin seeds, and hemp seeds into bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cup rice, 1 1/4 cups sautéed chickpea and edamame mixture, including seeds.

More Flavor: Add paprika and tamari while cooking.

Additional Toppings: Add sauerkraut.



Lentil Masala Soup

4 servings
30 minutes

Ingredients

- 1 1/2 tps Coconut Oil
- 1/2 cup Red Onion (finely diced)
- 4 Garlic (cloves, minced)
- 1 tsp Turmeric
- 1 tbsp Garam Masala
- 1 tsp Sea Salt
- 1 cup Cilantro (finely diced)
- 4 cups Vegetable Broth
- 3 cups Diced Tomatoes
- 1 cup Dry Red Lentils
- 1 cup Canned Coconut Milk (full fat)
- 4 cups Kale Leaves (finely sliced)

Nutrition

Amount per serving	
Calories	391
Fat	14g
Carbs	50g
Fiber	11g
Sugar	9g
Protein	17g
Cholesterol	0mg
Sodium	1308mg
Vitamin A	2557IU
Vitamin C	42mg
Calcium	118mg
Iron	6mg

Directions

- 1 Heat coconut oil in a large stock pot over medium heat. Add the onions and saute for about 4 minutes or until translucent. Add in the minced garlic. Saute for another minute.
- 2 Add in the turmeric, garam masala and sea salt. Stir for a minute or until spices are well mixed. Add in the cilantro, vegetable broth and diced tomatoes. Bring to a boil then reduce heat to a simmer.
- 3 Add in the dry lentils, cover and cook for 15 to 20 minutes. Once the lentils are cooked through, add in the coconut milk. Stir well to mix, then add in the kale. Stir again until the kale is wilted. Turn off the heat. Ladle into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to two months.

Additional Toppings: Top soup with chopped cilantro, sliced almonds and/or a dollop of coconut yogurt.



Crumbled Tofu Tacos

2 servings
20 minutes

Ingredients

8 ozs Tofu (extra firm, patted dry, crumbled)
2 tbsps Tamari
2 tsps Taco Seasoning
1 tbsp Extra Virgin Olive Oil
4 Corn Tortilla (small, warmed)
2 tbsps Guacamole
2 tbsps Salsa
1/2 cup Microgreens
1 oz Pickled Red Onions (optional)
2 tbsps Cilantro (chopped, optional)

Nutrition

Amount per serving	
Calories	355
Fat	17g
Carbs	38g
Fiber	6g
Sugar	4g
Protein	17g
Cholesterol	0mg
Sodium	1585mg
Vitamin A	142IU
Vitamin C	7mg
Calcium	546mg
Iron	4mg

Directions

- 1 Add the tofu, tamari, and taco seasoning to a bowl. Mix until well combined.
- 2 Heat the oil in a large nonstick skillet over medium-high heat. Add the tofu mixture and cook for six to eight minutes, stirring occasionally, until browned and crispy.
- 3 Divide the tofu evenly between the tortillas. Top with guacamole, salsa, and microgreens. Garnish with pickled onions and cilantro, if desired. Enjoy!

Notes

Leftovers: Refrigerate ingredients separately in airtight containers for up to three days.

Serving Size: One serving is equal to two tacos.

Additional Toppings: Hot sauce, lime juice, shredded cheese, and/or sour cream.



Chocolate Pumpkin Energy Bars

6 servings
45 minutes

Ingredients

1/3 cup Pumpkin Seed Butter (melted)
3 tbsps Maple Syrup
1/2 tsp Ground Ginger
1/2 tsp Cinnamon
1 1/2 cups Rice Puffs Cereal
1/2 cup Pumpkin Seeds
1 oz Dark Chocolate (chopped)

Nutrition

Amount per serving	
Calories	218
Fat	15g
Carbs	15g
Fiber	2g
Sugar	7g
Protein	7g
Cholesterol	0mg
Sodium	43mg
Vitamin A	4IU
Vitamin C	0mg
Calcium	21mg
Iron	4mg

Directions

- 1 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 2 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 3 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle overtop with a small spoon.
- 4 Freeze for about 30 minutes and slice into bars. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

Serving Size: One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

No Pumpkin Seed Butter: Use tahini, sunflower seed butter, peanut butter, or almond butter instead.



Kiwi Granola Chia Pudding

2 servings

2 hours 10 minutes

Ingredients

- 1 cup Oat Milk
- 1 tbsp Maple Syrup
- 1/4 cup Chia Seeds
- 1/4 cup Granola
- 1 Kiwi (peeled, sliced)

Nutrition

Amount per serving	
Calories	295
Fat	14g
Carbs	38g
Fiber	11g
Sugar	16g
Protein	8g
Cholesterol	0mg
Sodium	60mg
Vitamin A	33IU
Vitamin C	32mg
Calcium	362mg
Iron	3mg

Directions

- 1 In a bowl, stir together the oat milk, maple syrup, and chia seeds. Refrigerate for at least two hours or until chilled and chia seeds have set.
- 2 Divide the chia pudding, granola, and kiwi evenly between jars or bowls. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

More Flavor: Add vanilla or cardamom to the chia pudding.

No Oat Milk: Use any other milk of choice.



Cashew Queso with Veggies

4 servings
15 minutes

Ingredients

- 1 cup Cashews (raw, soaked for at least 6 hours, and rinsed)
- 1/2 Red Bell Pepper (medium, roughly chopped)
- 2 Garlic (cloves)
- 1/3 cup Nutritional Yeast
- 1 tbsp Apple Cider Vinegar
- 1 tsp Smoked Paprika
- 1/8 tsp Cayenne Pepper
- 1 tsp Sea Salt
- 1/2 cup Water (hot)
- 2 cups Broccoli (florets, chopped)
- 4 Carrot (sliced into sticks)

Nutrition

Amount per serving	
Calories	292
Fat	16g
Carbs	26g
Fiber	7g
Sugar	6g
Protein	14g
Cholesterol	0mg
Sodium	688mg
Vitamin A	11247IU
Vitamin C	64mg
Calcium	72mg
Iron	4mg

Directions

- 1 Add all of the ingredients except the broccoli and carrots to a blender or food processor and blend until a very smooth consistency is achieved.
- 2 Serve the queso with the veggies, and enjoy!

Notes

- Leftovers:** Refrigerate the queso in an airtight container for up to seven days.
- Serving Size:** One serving is equal to approximately 1/4 of queso with veggies.
- Short on Time:** Soak the cashews for 10 minutes in boiling water.



Crispy Tofu Burrito Bowl

4 servings
30 minutes

Ingredients

1 cup Brown Rice (dry, rinsed)
16 ozs Tofu (extra firm, pressed, crumbled)
2 tbsps Avocado Oil
1 1/2 tsps Taco Seasoning
1/2 tsp Sea Salt (divided)
1/3 cup Tahini
1/4 cup Water
2 tbsps Hot Sauce
1 tbsp Lime Juice
10 leaves Romaine (chopped)
2 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	622
Fat	40g
Carbs	53g
Fiber	13g
Sugar	3g
Protein	21g
Cholesterol	0mg
Sodium	598mg
Vitamin A	6259IU
Vitamin C	14mg
Calcium	450mg
Iron	6mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 Add the tofu, oil, taco seasoning, and half the salt to a large bowl. Toss well to combine. Transfer to the baking sheet and bake for 20 to 24 minutes, until crispy.
- 4 Meanwhile, in a small bowl, combine the tahini, water, hot sauce, lime juice, and remaining salt. Whisk well until incorporated, adding more water if needed to thin.
- 5 Divide the rice, romaine, tofu, and avocado between bowls. Drizzle the tahini over the top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1/2 cup tofu, two cups of chopped romaine, and 1/2 cup cooked rice.

Additional Toppings: Add sliced/cooked peppers, corn, black beans, salsa or other roasted vegetables.



Roasted Red Pepper & Tahini Beans with Air Fryer Asparagus

2 servings
20 minutes

Ingredients

2 cups Asparagus (trimmed)
1 tsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
3 tbsps Tahini
4 ozs Roasted Red Peppers
1 tbsp Tomato Paste
1/2 Lemon (medium, juiced, plus extra for garnish)
1 Garlic (clove)
2 1/2 cups Cannellini Beans (cooked)
2 tbsps Parsley (chopped)

Nutrition

Amount per serving	
Calories	479
Fat	16g
Carbs	67g
Fiber	20g
Sugar	8g
Protein	20g
Cholesterol	0mg
Sodium	1045mg
Vitamin A	2227IU
Vitamin C	36mg
Calcium	191mg
Iron	10mg

Directions

- 1 Preheat the air fryer to 400°F (205°C). Place the asparagus in the basket, drizzle with oil, and season with salt and pepper. Cook for five to six minutes, or until tender.
- 2 Meanwhile, add the tahini, roasted red pepper, tomato paste, lemon juice, garlic, salt, and pepper to a blender. Blend until smooth, adding a splash of water to thin if needed.
- 3 Transfer the mixture to a pot with the beans and bring to a simmer. Simmer for five minutes or until heated through, stirring occasionally.
- 4 Divide the beans and asparagus evenly between plates. Top with parsley and serve with lemon wedges. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup of asparagus and 1 1/2 cups of beans.

More Flavor: Add smoked paprika and onion powder to the bean sauce. Top with nutritional yeast.



Edamame, Broccoli & Chickpea Pasta Salad

2 servings
25 minutes

Ingredients

4 ozs Chickpea Pasta (dry)
1 cup Broccoli (cut into florets)
2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Italian Seasoning
1 tbsp Hemp Seeds
1 tbsp Nutritional Yeast
1 cup Frozen Edamame (thawed)
1/2 Cucumber (medium, sliced)
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	475
Fat	24g
Carbs	46g
Fiber	15g
Sugar	9g
Protein	29g
Cholesterol	0mg
Sodium	94mg
Vitamin A	594IU
Vitamin C	47mg
Calcium	129mg
Iron	9mg

Directions

- 1 Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking.
- 2 In a large bowl, combine the remaining ingredients. Add the pasta and broccoli and season with salt and pepper to taste. Toss well to coat.
- 3 Serve immediately or chill in the refrigerator for 30 minutes. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

More Flavor: Add chopped toasted almonds.

Additional Toppings: Season with fresh herbs like basil and/or dill.