



3-Day Prenatal Meal Plan

Created by The Maternal Nutritionist



3-Day Prenatal Meal Plan

3 days

	Mon	Tue	Wed
Breakfast	Banana Coconut Steel Cut Oats	Banana Coconut Steel Cut Oats	Peanut Butter Banana Oat Smoothie
Snack 1	Yogurt & Berries	Yogurt & Berries	Trail Mix with Banana
Lunch	Black Bean & Mushroom Omelette	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato	Slow Cooker Black Bean Soup
Snack 2	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls
Dinner	Baked Salmon with Broccoli & Quinoa	Slow Cooker Hawaiian Beef	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato
Snack 3	Brownie Batter Protein Balls	Brownie Batter Protein Balls	Brownie Batter Protein Balls

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51 items

Fruits

- ☐ 1/4 Avocado
- ☐ 6 Banana
- ☐ 1/8 Lemon
- ☐ 1/3 Lime
- ☐ 3/4 cup Strawberries

Breakfast

- ☐ 1/2 cup All Natural Peanut Butter
- ☐ 2 1/4 tsps Maple Syrup
- ☐ 2 2/3 tsps Pumpkin Seed Butter
- ☐ 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- ☐ 1/16 tsp Cayenne Pepper
- ☐ 2 1/4 tsps Chia Seeds
- ☐ 3/4 tsp Chili Powder
- ☐ 1/3 cup Clean Trail Mix
- ☐ 1/2 tsp Cumin
- ☐ 1/2 tsp Nutmeg
- ☐ 1/2 tsp Paprika
- ☐ 1/4 cup Pecans
- ☐ 1/4 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 3 Brown Rice Tortilla
- ☐ 2 cups Frozen Berries

Vegetables

- ☐ 2 cups Broccoli
- ☐ 1/8 Carrot
- ☐ 1/3 stalk Celery
- ☐ 1 1/2 Garlic
- ☐ 1/4 Green Bell Pepper
- ☐ 1/4 cup Mushrooms
- ☐ 3/4 Red Bell Pepper
- ☐ 2 tsps Red Onion
- ☐ 1/8 Yellow Onion

Boxed & Canned

- ☐ 2 1/2 cups Black Beans
- ☐ 3/4 cup Canned Coconut Milk
- ☐ 1/3 cup Crushed Pineapple
- ☐ 1/2 cup Diced Tomatoes
- ☐ 1/2 cup Quinoa

Baking

- ☐ 1 1/2 tsps Cacao Powder
- ☐ 1/4 cup Dark Chocolate Chips
- ☐ 1/4 cup Oats
- ☐ 2 2/3 tsps Pitted Dates
- ☐ 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- ☐ 113 grams Beef Brisket
- ☐ 142 grams Salmon Fillet

Condiments & Oils

- ☐ 1 1/2 tsps Apple Cider Vinegar
- ☐ 1 1/2 tsps Coconut Oil
- ☐ 2 1/2 tsps Extra Virgin Olive Oil
- ☐ 1 1/2 tsps Tamari

Cold

- ☐ 2 Egg
- ☐ 2 cups Plain Greek Yogurt
- ☐ 2/3 cup Unsweetened Almond Milk

Other

- ☐ 1/4 cup Chocolate Protein Powder
- ☐ 2 cups Water

Banana Coconut Steel Cut Oats

6 ingredients · 25 minutes · 2 servings



Directions

1. In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
2. Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
3. Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Sweeter

Top with sliced banana or a drizzle of maple syrup.

On-the-Go

Pack the oats into mason jars and reheat before eating.

No Coconut Milk

Use unsweetened almond milk.

Ingredients

3/4 cup Canned Coconut Milk

3/4 cup Water

1/2 cup Steel Cut Oats (uncooked)

1 Banana (very ripe)

1/4 cup Pecans (toasted)

1/4 cup Unsweetened Coconut Flakes (toasted)

Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter

Use any nut or seed butter.

Storage

Store in a mason jar with lid in the fridge up to 48 hours.

More Protein

Add hemp seeds or a scoop of protein powder.

More Fibre

Add ground flax seed.

Ingredients

1/4 cup Oats (quick or traditional)

2 tbsps All Natural Peanut Butter

1 Banana

1/2 cup Unsweetened Almond Milk

Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

2 cups Plain Greek Yogurt

2 cups Frozen Berries (thawed)

Trail Mix with Banana

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide trail mix into bowls or containers, and serve with a banana on the side. Happy snacking!

Ingredients

1/3 cup Clean Trail Mix
1 Banana

Black Bean & Mushroom Omelette

11 ingredients · 15 minutes · 1 serving



Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Ingredients

- 1 **1/2 tsps** Coconut Oil
- 2 Egg (whisked)
- 2 **tbsps** Unsweetened Almond Milk
- 1/4 Green Bell Pepper (finely diced)
- 1/2 **cup** Black Beans (cooked, drained and rinsed)
- 1/4 **cup** Mushrooms (diced)
- 3/4 **tsp** Chili Powder
- 1/2 **tsp** Nutmeg
- 1/2 **tsp** Paprika
- Sea Salt & Black Pepper (to taste)
- 1/4 Avocado (diced)

Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 1 serving



Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Leftovers

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

Serving Size

One serving equals approximately 1.5 cups.

Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Ingredients

- 1 tsp** Extra Virgin Olive Oil
- 1/8** Yellow Onion (finely diced)
- 1/3 stalk** Celery (diced)
- 1/8** Carrot (large, chopped)
- 1** Garlic (cloves, minced)
- 1/2 tsp** Cumin
- 1/16 tsp** Cayenne Pepper
- 1 cup** Black Beans (cooked, drained and rinsed)
- 1/2 cup** Diced Tomatoes
- 1/3 cup** Water
- 1/3** Lime (juiced)

Peanut Butter & Jelly Banana Rolls

6 ingredients · 1 hour · 3 servings



Directions

1. Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
4. Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

Notes

No Strawberries

Use any type of berry instead.

Ingredients

- 3/4 cup** Strawberries (halved)
- 2 1/4 tsps** Maple Syrup
- 2 1/4 tsps** Chia Seeds
- 3** Brown Rice Tortilla
- 3** Banana (peeled)
- 1/3 cup** All Natural Peanut Butter

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 1 serving



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 142 grams** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 cups** Broccoli (sliced into small florets)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1/4 cup** Quinoa (uncooked)
- 1/3 cup** Water
- 1/8** Lemon (sliced into wedges)

Slow Cooker Hawaiian Beef

10 ingredients · 6 hours · 1 serving



Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing the water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo

Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

Storage

Store in an airtight container in the fridge up to 3 days.

Save Time

Cook the quinoa in advance and reheat before serving.

Ingredients

- 113 grams** Beef Brisket
- 3/4** Red Bell Pepper (sliced)
- 1/3 cup** Crushed Pineapple (canned, packed in pineapple juice)
- 2 tbsps** Red Onion (finely diced)
- 1 1/2 tsps** Apple Cider Vinegar
- 1 1/2 tsps** Tamari
- 1/2** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Water
- 1/4 cup** Quinoa (dry)

Brownie Batter Protein Balls

7 ingredients · 40 minutes · 3 servings



Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter

Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.

Ingredients

- 2 2/3 tbsps Pitted Dates (packed)
- 1 cup Black Beans (cooked)
- 1/4 cup Chocolate Protein Powder
- 2 2/3 tbsps Pumpkin Seed Butter
- 1/4 tsp Sea Salt
- 1 1/2 tps Cacao Powder
- 1/4 cup Dark Chocolate Chips (optional)