



Santa Cruz Midwives Meal Planner & Nutritional Tips

NURTITION

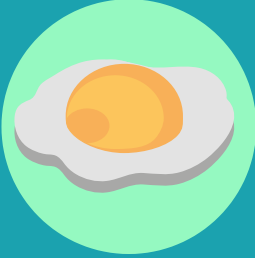
It is important to eat a nourishing and balanced diet during your pregnancy, especially during the second and third trimesters when your baby is relying on your nutritional intake for their growth and well-being. Use this guide to help ensure you are consuming enough of the 6 food categories daily and plan out your weekly meals.

For more information visit: www.santacruzmidwives.com



What to Eat

NUTRITIONAL REQUIREMENTS



PROTEIN 7XDAY

Lean meats, beans, nuts, seeds, tofu, tempeh, yogurt, cottage cheese, ricotta cheese, milk, millet, quinoa, amaranth, 10g of spirulina, 1oz nutritional yeast



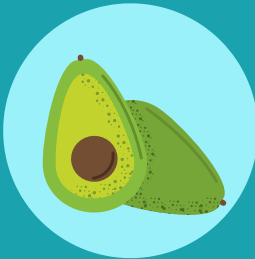
CALCIUM 4XDAY

Sea veggies, tahini, tofu, peanuts, pecans, almonds, sunflower seeds, pumpkin seeds, sesame seeds, rhubarb, leafy greens, prunes, raisins, figs, oysters, sardines, salmon, yoghurt



CARBS 5XDAY

Grains, cereals, breads, fruits and veggies, beans, potato, sweet potato, squash



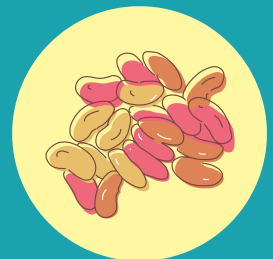
FATS 5XDAY

Flax oil, borage oil, hemp oil, olive oil, sesame or other vegetable oil, butter, avocado, nuts, mayonnaise, sour cream, cream cheese, seeds



FRUITS & VEGGIES 9XDAY

Carrots, spirulina, squash, pumpkin, sweet potato, leafy greens, broccoli, apricots, papaya, orange, nectarine, mango, turnips, deep orange veggies



IRON 5XDAY

Spirulina, molasses, nutritional yeast, prunes, sea veggies, clams, oysters, pumpkin seeds, sesame seeds, tofu, amaranth, kidneys, livers, Floradix supplement



HYDRATE, HYDRATE, HYDRATE 8XDAY



Notes:

Each food may go in only one category at a time ie. a glass of milk counts as a serving of protein OR calcium, not both.

General Serving Size: 1/2 cup; 1 piece of fruit; 1 whole vegetable; 8 oz of liquid; 1 slice of bread; 3oz of meat/tofu; 1 tbsp of oil.

Books we love:

"The First Forty Days" by Heng Ou

"Real Food for Pregnancy" by Lily Nichols

"Real Food for Mother and Baby" by Nina Planck

WEEKLY MEAL PLAN



WEEK OF:

DAY	64ozH2O	BREAKY	SNACK	LUNCH	SNACK	DINNER
MON						
TUE						
WED						
THU						
FRI						
SAT						
SUN						