



healthy meal ideas for pregnancy



Healthy breakfast ideas

Porridge with fresh fruit, chopped nuts (e.g., almonds) and low-fat milk or Greek yoghurt

Baked beans with wholegrain toast plus a glass of low-fat milk or piece of fruit

Weetbix with low fat milk and fruit of choice

Wholegrain toast topped with avocado and sliced hard-boiled egg

Wholegrain toast spread with peanut butter and topped with sliced banana (or other fruit)



Healthy lunch ideas

Soup (e.g., minestrone or chicken and vegetable) served with wholegrain bread or damper

Wholemeal wrap or sandwich with salad and lean protein (e.g., tuna, cooked chicken breast, hard-boiled egg)

Vegetable frittata with salad

Cheese, tomato & spinach toastie on wholegrain bread plus a piece of fruit or tub of Greek yoghurt

Salad with roasted sweet potato and lean protein (e.g., tuna, cooked chicken breast or chickpeas)



Healthy snack ideas

200g tub of Greek yoghurt

One piece of fruit or 1 cup fruit salad

2-3 wholegrain crackers or 1 slice wholegrain toast topped with peanut butter, avocado or cheese

1/2 cup vegetable sticks with homemade guacamole or Greek yoghurt dip

1 apple sliced and spread with 1 tbs peanut butter

1 serve (30g - handful) of nuts (e.g., almonds, pecans)

Fruit smoothie



Healthy dinner ideas

Lean meat (e.g., kangaroo, chicken, beef) or tofu and vegetable stir-fry with brown rice

Cottage pie made with lean mince (or lentils), and vegetables, topped with mashed potato

Grilled or baked fish (or other seafood of choice) with salad and roasted sweet potato

Pasta with a tomato-based sauce, lean meat (e.g., cooked mince, chicken) and side salad

Lean meat (e.g., beef, kangaroo, chicken) or chickpea stew with vegetables and damper

