

# PREGNANCY MEAL PLAN

Balanced nutrition for mother & baby, preventing gestational diabetes

## CORE PRINCIPLES & NUTRIENTS

### Important Nutrients to Target: Iron, Calcium, Protein, Folic Acid, and Hydration

- **Moderate Carbs:** Use complex carbohydrates (Quinoa, Brown Rice, Oats) to prevent gestational diabetes. Avoid refined sugars.
- **Healthy Fats & Omega-3s:** Crucial for baby's development. Included via Chia seeds, walnuts, avocado, and fish.
- **Lean Proteins:** Essential for growth. Met through paneer, eggs, chicken, and lentils/dal.
- **Folic Acid & Iron:** Supported through regular consumption of spinach, leafy greens, and targeted juices (ABC, Green Juice).
- **Hydration:** Maintain fluid levels throughout the day with fresh juices, coconut water, or infused water alongside meals.

## THE 7-DAY MEAL PLAN

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH (MAIN COURSE)	DINNER (MAIN COURSE)
MONDAY	Paneer, Spinach & Mushroom Omelet (Iron & Protein)	ABC Juice (Apple, Beetroot, Carrot - High Iron)	Lemon Pepper Chicken Bowl (with Quinoa & Veggies)	Paneer Bowl (with Brown Rice & Veggies)
TUESDAY	Normal Oatmeal (blended with fruit & whole milk)	Green Juice (Folic acid powerhouse)	Fish Bowl (with Brown Rice & Veggies - Omega 3)	Shrimp Salad
WEDNESDAY	Avocado Chicken Toast (on multigrain bread)	Ginger Lemon Juice (with Chia seeds)	Honey Mustard Chicken Bowl (with Quinoa & Veggies)	Fish Bowl (with extra veggies, moderate rice)
THURSDAY	Poha (loaded with veggies and peanuts)	Amla Ginger Juice (Vit C helps absorb iron)	Paneer Bowl (with Brown Rice & Veggies)	Lemon Pepper Chicken Bowl

DAY	BREAKFAST	MID-MORNING SNACK	LUNCH (MAIN COURSE)	DINNER (MAIN COURSE)
FRIDAY	Chia Pudding <i>(Yogurt, soaked chia, nuts &amp; fruits)</i>	Watermelon & Lemon Juice <i>(Hydration)</i>	Shrimp Salad	Honey Mustard Chicken Bowl <i>(with Quinoa &amp; Veggies)</i>
SATURDAY	Paneer, Spinach & Mushroom Omelet	Green Juice <i>(Spinach, cucumber, kale, celery, lemon)</i>	Fish Bowl <i>(with Brown Rice &amp; Veggies)</i>	Paneer Bowl <i>(with extra veggies)</i>
SUNDAY	Smoothie Bowl <i>(frozen fruits &amp; nuts)</i>	Pineapple Lemon Juice	Lemon Pepper Chicken Bowl <i>(with Quinoa &amp; Veggies)</i>	Fish Bowl <i>(with extra veggies)</i>

### Important Notes for Success

- **Iron Absorption:** The pairing of Amla Ginger juice or Lemon-based juices with iron-rich foods (like Spinach Omelets or Poha) is intentional. Vitamin C significantly boosts iron absorption.
- **Food Safety:** Ensure all eggs, chicken, and fish are thoroughly cooked. If opting for fish, choose low-mercury options as recommended for pregnancy.
- **Customizing Portions:** Pregnancy increases caloric needs gradually. Do not restrict portions strictly—eat to satisfaction, focusing on the high-quality proteins and vegetables provided in the bowls.