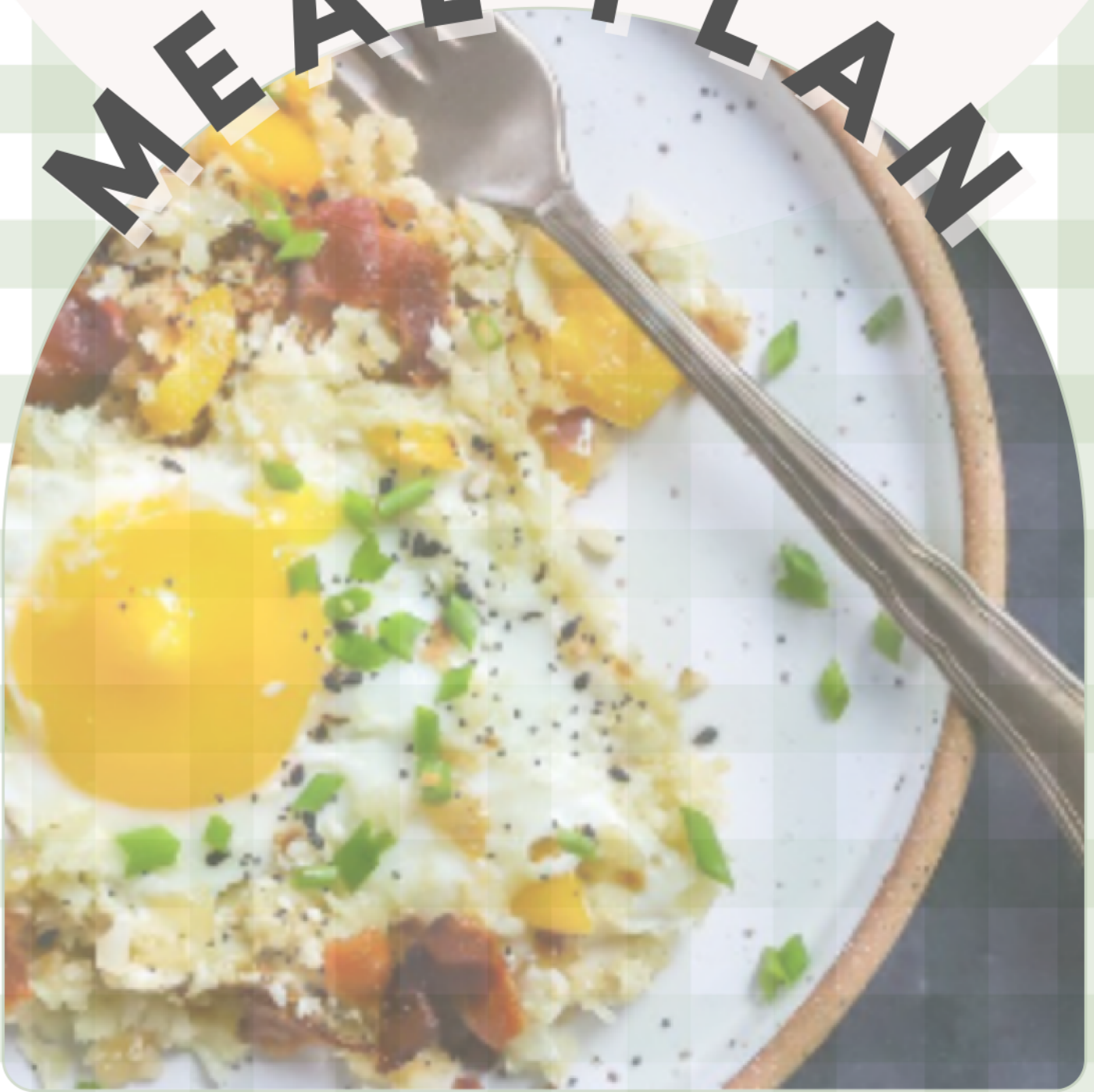


RYANN KIPPING, MPH, RDN
THE PRENATAL NUTRITIONIST

One Week MEAL PLAN



HOW TO USE THE *meal plan*

READ THIS FIRST

OVERVIEW

This meal plan is meant to serve as a guide and was put together as if the person following it does not have any food restrictions or any pre-existing health conditions. We all have unique needs, lifestyles, and food preferences, so it is encouraged you make adjustments based on you as an individual, and how you are feeling any given day! We are proponents of intuitive eating, i.e., following your body's cues and cravings. However, we also encourage you to get out of your comfort zone and try new foods and recipes you may not have otherwise chosen.

MODIFICATIONS

While it is not expected you follow each day to precision, the days were built to meet certain nutrient requirements of pregnancy, so making edits/swaps will change this. Again, this is okay, and expected, but get as close to a swap as possible, i.e., instead of salmon choose trout, sardines, tuna, or oysters. Instead of spinach, choose another leafy green.

>*Don't eat nuts?* Include seeds!

>*Don't eat shellfish?* Include fish!

>*Don't eat any fish at all?* Swap for any animal protein. View the omega-3 note inside TPNL.

>*Don't eat dairy?* Choose a non-dairy alternative, or remove the cheese.

Navigate to the dairy-free note inside TPNL.

>*Don't eat eggs?* Eat other foods high in choline every day. Replace egg breakfasts with other non-egg breakfasts in the meal plan. View egg note inside TPNL.

>*Don't eat red meat?* Read why red meat is a top food for pregnancy inside TPNL, search meat.

NUMBER OF MEALS & SNACKS

It's okay to eat the snacks as part of your meal, the dessert as a snack, or the snacks on their own. You can also break the meals up into 5 or 6 small meals throughout your day as many people find this more appealing. Additionally, you can add another snack to your day if you are finding you need more than 2 snacks per day.

BEVERAGES

You'll notice no beverages are listed. Water is always a great choice as your needs are higher during this time. Check out the beverages notebook on other common beverages and the electrolytes note.

7-DAY meal plan

Disclaimer: This meal plan was built for healthy individuals and is not meant to treat, cure, or reverse any health conditions. Please consult with a prenatal nutrition specialist if you have further questions.

SEVEN DAY *overview*

	BREAKFAST	LUNCH	DINNER	SNACK 1	SNACK 2
MON.	KALE AND GOAT CHEESE OMELETTE	WHITE CHICKEN CHILI	ONE PAN STEAK & VEGGIES	SALT CRAVINGS EDAMAME	AVOCADO, CUCUMBER, & NORI SNACK BOX
TUES.	KALE AND GOAT CHEESE OMELETTE	WHITE CHICKEN CHILI	ONE PAN STEAK & VEGGIES	SALT CRAVINGS EDAMAME	YOGURT PARFAIT
WED.	ALMOND BUTTER BANANA SMOOTHIE + EGG	SALMON & EGG LUNCH BOX	ONE PAN STEAK & VEGGIES	YOGURT PARFAIT	AVOCADO, CUCUMBER, & NORI SNACK BOX
THUR.	ALMOND BUTTER BANANA SMOOTHIE + EGG	SALMON & EGG LUNCH BOX	PORK TENDERLOIN, BELL PEPPERS & POTATOES	SALT CRAVINGS EDAMAME	AVOCADO, CUCUMBER, & NORI SNACK BOX
FRI.	KALE AND GOAT CHEESE OMELETTE	TUNA SALAD LETTUCE WRAPS + STRAWBERRIES & CHOCOLATE	PORK TENDERLOIN, BELL PEPPERS & POTATOES	SALT CRAVINGS EDAMAME	YOGURT PARFAIT
SAT.	CAULIFLOWER RICE BREAKFAST HASH	TUNA SALAD LETTUCE WRAPS + STRAWBERRIES & CHOCOLATE	CHICKEN KALE CAESAR SALAD	YOGURT PARFAIT	AVOCADO, CUCUMBER, & NORI SNACK BOX
SUN.	CAULIFLOWER RICE BREAKFAST HASH	TUNA SALAD LETTUCE WRAPS + STRAWBERRIES & CHOCOLATE	CHICKEN KALE CAESAR SALAD	SALT CRAVINGS EDAMAME	YOGURT PARFAIT

SEVEN DAY *grocery list*

PROTEIN

- 1 pack of bacon*
- 2 cups shredded chicken
- 6-8 oz grilled chicken
- (2) 3-4 oz salmon fillets
- (3) 5 oz tuna cans
- 18 oz top sirloin steak
- 8 oz pork tenderloin

DAIRY/COLD

- 17 eggs*
- 3/4 cup goat cheese*
- Milk of choice*
- 2 tsp butter
- Shredded parmesan cheese*
- 30 oz plain greek yogurt*

DRY GOODS

- 1 jar of Almond butter
- 1 can white beans
- 3/4 cup corn (or buy frozen)
- 2 cups chicken broth
- Mayo
- Dijon Mustard
- Pickle relish
- Bread crumbs
- 5 tbsps Silvered Almonds
- 5 tbsps Chia Seeds
- Unsweetened coconut shreds
- 1 cup cashews

PRODUCE

- 7 1/2 cups baby kale*
- 3 cups romaine lettuce*
- 2 cups spinach*
- 1 banana
- 2 yellow onions
- 1 yellow bell pepper*
- 1 red bell pepper*
- 1 green bell pepper*
- 3 cups cauliflower rice
- 1 tbsp chives, optional
- 2 oranges
- 5 cups broccoli
- 2 pints strawberries*
- 6 large lettuce leaves
- Fresh oregano
- 3 cups asparagus
- 1 lemon
- 2 red potatoes
- Cherry tomatoes
- 1 clove minced garlic
- 10 cups edamame*
- 2 avocados
- 1 cucumber

*buy organic, if you can

CONTINUED ON NEXT PAGE

SEVEN DAY *grocery list*

MISC

- Protein powder, optional
- 2 tbsp maple syrup or honey
- 1 1/2 cups salsa verde
- Cumin
- Paprika
- 1 bar dark chocolate (or other chocolate of your choosing)
- Olive oil, avocado oil, or coconut oil
- Garlic Powder
- Chili powder
- Thyme
- 16 nori sheets
- 2 tsp sesame seeds, optional

MEAL PLAN
recipes

KALE & GOAT CHEESE OMELETTE



INGREDIENTS FOR OMELETTE:

- 2 tsp oil (or butter)
- 9 Eggs
- Salt & pepper to taste
- 4 1/2 cups Baby Kale
- 3/4 cup Goat Cheese (crumbled)
- 3/4 cup Salsa

DIRECTIONS FOR OMELETTE:

MAKES 2 SERVINGS

1. Heat oil in a medium-sized frying pan over medium heat.
2. Mix eggs, sea salt, and black pepper in a bowl. Whisk until frothy. Divide into portions.
3. Pour 1 portion of the egg mixture into the frying pan and cook until almost set. Place kale and goat cheese on one half of the omelet, then fold the other half over. Remove from heat and transfer onto a plate. Top with salsa.
4. Repeat with remaining ingredients. Enjoy!

NOTES

No Goat Cheese

- Use feta cheese instead (all soft cheeses are safe as long as they are pasteurized-- review the note on [soft cheeses](#) inside The Prenatal Nutrition Library for more information.)

Kale

- Don't like kale? Use spinach!

ALMOND BUTTER BANANA SMOOTHIE + EGG



INGREDIENTS FOR ALMOND BUTTER BANANA SMOOTHIE:

- 8 - 10 oz. milk
- 1 cup spinach
- 1/2 banana
- 2 tbsps almond butter
- 1- 2 scoops protein powder, optional
- 1/2 - 1 tbsp maple syrup or honey
- 1-2 hard boiled egg

DIRECTIONS FOR ALMOND BUTTER BANANA SMOOTHIE:

MAKES 1 SERVING

1. Add all ingredients to a blender and combine.
2. Serve with 1-2 hard-boiled eggs.

NOTES

Protein Powders

- View the [protein powder note](#) inside The Prenatal Nutrition Library to see my top protein powder picks for preconception and pregnancy.

Egg

- Egg can be scrambled or fried

CAULIFLOWER RICE BREAKFAST HASH



INGREDIENTS FOR CAULIFLOWER RICE BREAKFAST HASH:

- 4 slices of Bacon
- 1 Yellow Onion (chopped, small)
- 1 Yellow Bell Pepper (chopped)
- 3 cups Cauliflower Rice
- 4 Eggs
- Sea Salt & Black Pepper (to taste)
- 1 tbsp Chives (optional, chopped)

DIRECTIONS FOR CAULIFLOWER RICE BREAKFAST HASH:

MAKES 2 SERVINGS

1. In a skillet over medium heat, add the bacon and cook for 5 to 7 minutes or until cooked through. Let the bacon cool and chop into small pieces. Leave some of the rendered fat in the pan.
2. Add the onion and bell pepper and cook for 3 to 4 minutes, stirring as needed. Add the cauliflower rice and stir to combine. Cook for an additional 2 to 3 minutes. Make space for the eggs and crack one egg into each hole. Cook the eggs until the whites are set and the yolk is done to your liking.
3. Remove from the pan and divide onto plates. Top with bacon, sea salt, pepper and chives, if using. Enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to four days. Enjoy the eggs when served, and reheat the leftover hash in a pan for the best results.

More Flavor & toppings

- Top the hash with Everything Bagel Seasoning or chili flakes. Serve with avocado.

WHITE CHICKEN CHILI



INGREDIENTS FOR WHITE CHICKEN CHILI:

- 2 cups shredded chicken
- 1/2 onion diced
- 1 can white beans, drained
- 3/4 cup salsa verde (or green chiles)
- 3/4 cup corn
- 2 cups chicken broth
- 1 tsp cumin
- 1 tsp paprika
- salt & pepper

DIRECTIONS FOR WHITE CHICKEN CHILI:

MAKES 2 SERVINGS

1. Heat a large pot over medium heat.
2. Add onion and cook until translucent, about 3-5 minutes.
3. Add in the remaining ingredients and bring to a boil. Turn to low and let simmer for 15 minutes.

NOTES

Leftovers

- Store remaining servings in the refrigerator for up to 5 days or freeze for up to 3 months.

Toppings

- Top with fresh lime juice, avocado, and shredded cheese

SALMON & EGG LUNCHBOX



INGREDIENTS FOR SALMON LUNCHBOX:

- 3-4 oz. salmon fillet
- 1 hard-boiled egg
- 1 orange
- 1 cup broccoli
- 1 square dark chocolate

DIRECTIONS FOR SALMON LUNCHBOX:

MAKES ONE SERVING

1. Prepare and cook salmon fillet as desired. Salmon can be baked, seared, or grilled, for example. Add seasonings to your preference.
2. Cook broccoli (steamed, roasted, etc.) or leave it raw.
3. Serve cooked salmon with the remaining ingredients.

NOTES

No Salmon

- Use another fish for the most similar nutrient profile-- use chicken or steak if no fish.

Egg-Free

- Add cottage cheese or yogurt

No Broccoli

- Use bell pepper, cauliflower, or brussels sprouts.

TUNA SALAD LETTUCE WRAPS



INGREDIENTS FOR TUNA SALAD:

- (3) 5-oz cans of tuna
- 1/2 cup mayonnaise
- 3/4 tbsp dijon mustard
- 1.5 tbsp sweet pickle relish
- Salt and pepper to taste
- 6 Loose leaf or butter lettuce
- 1 1/2 cup strawberries
- 3 oz dark chocolate

DIRECTIONS FOR TUNA SALAD:

MAKES 3 SERVINGS; 1 SERVING IS 2 WRAPS

1. Drain liquid from tuna.
2. Add all ingredients and stir.
3. Add the salad to loose-leaf lettuce "cups."
4. Serve with 1/2 cup strawberries and 1 oz dark chocolate.

NOTES

No Tuna

- Use canned salmon, shredded chicken, or eggs

More Carbs

- Serve on whole wheat toast or with crackers.

Additional Sides

- Chop more lettuce as a side salad, use leftover veggies from the salmon box, or add a cheese stick/slices.

ONE PAN STEAK & VEGGIES



INGREDIENTS FOR ONE PAN STEAK:

- 2 tsp Butter (divided)
- 18 ozs Top Sirloin Steak (3 steaks)
- 1/2 tsp Sea Salt (divided)
- 2 tsp Fresh Oregano (chopped, divided)
- 3 cups Asparagus (woody ends trimmed)
- 3 cups Broccoli (small florets, chopped)

DIRECTIONS FOR ONE PAN STEAK:

MAKES 3 SERVINGS

1. Heat half of the butter in a skillet over medium-high heat. Season both sides of the steak with half of the sea salt.
2. Add the steak to the skillet and cook for about two minutes per side or until it has reached your desired doneness. Set aside and let it rest for at least five minutes before cutting it into slices.
3. Reduce the heat to medium and add the remaining butter and half the oregano to the skillet. Cook the asparagus and broccoli for about six to eight minutes or until cooked through—season with the remaining salt.
4. Divide the asparagus, broccoli, and steak onto plates. Garnish with the remaining oregano, and enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to three days.

More Flavor

- Grill on the barbecue.

Dairy-Free

- Use olive oil, coconut oil, avocado oil, or ghee instead of butter.

No Oregano

- Use rosemary instead.

PORK TENDERLOIN & PEPPERS + ONIONS



INGREDIENTS FOR PORK TENDERLOIN:

- 8 oz. pork tenderloin
- ½ tbsp olive oil, divided
- 1 pinch garlic powder
- 1 dash salt
- 1 dash pepper
- 1 wedge lemon
- ½ cup red bell pepper sliced
- ½ cup green bell pepper sliced
- ½ cup onion sliced

DIRECTIONS FOR PORK TENDERLOIN:

MAKES 2 SERVINGS FOR DINNER THE NEXT DAY

1. Preheat oven to 400°F.
2. Mix garlic powder, salt, and pepper together in a small bowl. Coat both sides of the pork tenderloin with the seasonings.
3. Heat half the olive oil in a pan over medium heat. Add pork tenderloin to the pan and cook for about 10 minutes, searing on all sides.
4. Transfer the pork tenderloin to an oven safe pan and place into the oven to bake for about 20 minutes.
5. Slice and serve with lemon wedge.
6. Saute peppers & onions in skillet for 3-5 minutes.

NOTES

Leftovers

- Store in an airtight container for up to 3 days

SERVE WITH ROASTED POTATOES ON NEXT PAGE

ROASTED RED POTATOES



INGREDIENTS FOR ROASTED POTATOES:

- 2 red potatoes sliced
- ½ tsp paprika
- ¼ tsp chili powder
- ½ tsp dried thyme
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp olive oil
- ¼ cup panko bread crumbs

DIRECTIONS FOR ROASTED POTATOES:

MAKES 2 SERVINGS FOR DINNER THE NEXT DAY

1. Preheat oven to 400 degrees F.
2. Wash and slice potatoes. The smaller the slices, the shorter the cooking time.
3. Mix spices and panko bread crumbs in a large bowl. Add potatoes and olive oil to a bowl with breadcrumbs and toss until well combined. Add a generous amount of olive oil for the best results.
4. Place potatoes in a single layer on a sheet pan and place in the oven, and roast for 30 minutes. You can also use an air fryer!

NOTES

Leftovers

- Store in an airtight container for up to 3 days, reheat in toaster oven, or oven for best results.

SERVE WITH PORK TENDERLOIN ON PREVIOUS PAGE

CHICKEN KALE CAESAR SALAD



INGREDIENTS FOR KALE CAESAR SALAD:

- 3 cups kale
- 3 cups romaine lettuce
- 6-8 oz. grilled chicken
- 1/4 cup shredded parmesan cheese
- 1/2 cup cherry tomatoes

Dressing:

- 1 tsp minced garlic
- 1 tsp dijon mustard
- 1 tbsp lemon juice
- 1 1/2 tbsp olive oil

DIRECTIONS FOR KALE CAESAR SALAD:

MAKES 2 SERVINGS

1. Combine all dressing ingredients and set aside.
2. Wash kale and romaine lettuce, chop, and top with chicken, cheese, and tomatoes.
3. Add dressing before serving.
4. Optional: enjoy a side of crackers, orange slices or strawberries, toasted bread, etc.

NOTES

Other Toppings

- Add avocado or other fresh veggies to the salad

Leftovers

- Store in salad and dressing in airtight containers in refrigerator for up to 3 days. Add dressing to second serving before eating.

SALT CRAVINGS EDAMAME



INGREDIENTS FOR SALTY EDAMAME:

- 6 cups water
- 1/2 tsp sea salt
- 2 cups edamame pods

DIRECTIONS FOR SALTY EDAMAME:

MAKES 1 SERVING

1. Add water and salt to a pot and bring to a boil. Add the edamame and return to a boil. Cook for three to five minutes.
2. Drain, rinse with cold water, and transfer to a bowl. Enjoy!

NOTES

Leftovers

- Refrigerate in an airtight container for up to four days.

More Flavor

- Add coarse finishing salt or toss in tamari or coconut aminos.

Soy

- Navigate to the soy note inside TPNL to learn the research on soy intake and fertility and pregnancy.

YOGURT PARFAIT



INGREDIENTS FOR YOGURT PARFAIT:

- 6 oz. plain greek yogurt
- 1 cup strawberries
- 1 tbsp chia seeds
- 1 tbsp almond or peanut butter
- 1 pinch of unsweetened coconut shreds
- A drizzle or honey (optional)

DIRECTIONS FOR YOGURT PARFAIT:

MAKES 1 SERVING

1. Add yogurt to a bowl and top with the remaining ingredients.

NOTES

Yogurt Alternatives

- Check out the yogurt note inside The Prenatal Nutrition Library for the best non-dairy yogurt alternatives.

AVOCADO, CUCUMBER & NORI SNACK BOX



INGREDIENTS FOR SNACK BOX:

- 1 avocado (sliced)
- 1/2 cucumber (sliced)
- 1/2 cup cashews
- 8 nori sheets
- 1 tsp sesame seeds (optional)

DIRECTIONS FOR SNACK BOX:

MAKES 2 SERVINGS

1. Assemble all the ingredients into a storage container. Add sesame seeds to the cucumber and avocado. Refrigerate until ready to eat. Enjoy!

NOTES

Storage

- The avocado is best enjoyed immediately. To keep it from browning, squeeze some lemon juice on top and refrigerate in an airtight container for up to one day.

Nut-Free

- Use pumpkin seeds instead of cashews

More Flavor

- Season the avocado with chili flakes, cayenne, or everything but the bagel seasoning.

NOURISH YOUR BODY AND YOUR BABY WITH OUR EXPERT-CRAFTED TRIMESTER MEAL PLANS!

Whether you're trying to conceive or nearing your due date, we have a plan that will work for you.



barsofarhyme commented: Just signed up and shocked at how good this is already! The shopping list alone is worth it 😄 6h

I subscribed to the tpnl 2 months ago to prepare my body to conceive and I just found out that I'm pregnant today !

The meal plans are amazing! Easy to use, laid out beautifully and presented with lots of extra info that makes implementing nutrient dense choices to support your health so much easier. If anyone is wondering if they should go for the option that includes these, they should. It's so worth it.



calfish16 commented: 🙌 absolutely love TPNL! So helpful!



larissaaltamirano commented: Getting your app has been the best decision ever! Get it while TTC! Youll feel even less anxious and more prepared 😊❤️ 1h

Your plan has been helping me so much this pregnancy. Not having to make decisions on food is awesome and knowing I'm getting what I need for the stage I'm in also makes me feel better.



Whether you're dealing with morning sickness or food aversions, our meal plans can help you stay on track with your nutrition goals and make healthy eating a breeze.

Why follow our meal plans during your pregnancy? (so glad you asked!)

- Get the necessary nutrients to support a healthy pregnancy
- Reduce your risk of common pregnancy complications such as gestational diabetes and high blood pressure.
- Helps you gain the appropriate amount of weight for you during pregnancy
- Have a faster, easier recovery after the baby arrives
- Saves your time and energy by taking the guesswork out of meal planning!

Each meal plan is tailored to a specific stage of pregnancy and includes a delicious range of meals and snacks rich in protein, fiber, vitamins, and minerals.

Pantry staples

GRAINS/LEGUMES

- Old fashioned/rolled steel cut oats
- Quinoa
- Brown rice
- Whole grain/whole wheat bread

FATS & OILS

- Extra virgin olive oil
- Coconut oil
- Peanut butter
- Almond butter
- Salad dressing (look out for added sugar and excessive sodium)

SEASONING

- Cinnamon
- Salt
- Pepper
- Garlic
- Onion
- Soy
- Vinegar

MISC

Top 10 List

The best of the best! These are the top 10 most beneficial foods for your pregnancy.

FOOD	ALTERNATIVE
1. LENTILS	CHICKPEAS
2. SPINACH	EGG
3. EGGS	SOY MILK
4. BROCCOLI	CHEESE
5. TOMATOES	AVOCADO
6. EGG	SMOOTHIE
7. BERRIES	TOAST
8. CARROTS	YOGURT
9. CHICKPEAS	WATER
10. CHEESE	FRUIT

WORRIED ABOUT GESTATIONAL DIABETES??

We have a plan for you, too! (yes, it includes desserts 😊)



amydavisnelson I used the Prenatal Nutritionist Library A LOT to manage my gestational diabetes and was able to control it with diet only 🍌🍌🍌

Cant wait!!! On day 2 and my levels are all in the 70s and 80s now instead of 80s and 90s when it was just me monitoring. No insulin so far 🍌

GET STARTED TODAY!

The google replacement for prenatal nutrition



The Prenatal Nutrition Library is a **searchable database**, so you will have peace of mind that what you are eating during pregnancy is safe and nutritious.

Great information in one place!

Jun 11



VicVanhook

I no longer have to rely on Google to tell me what's safe or not during pregnancy. This is a easy to use interface and Ryann is very knowledgeable. Highly recommend!

Takes away stress for ttc

Wed



AEPSLP

Great overall app for those ttc and pregnant! Takes away a lot of worry about what to eat and everything is backed by evidence! Easy to navigate and search for topics.



New topics are added weekly!



Weekly Q&A with Ryann, the Prenatal Nutritionist, so you feel supported throughout this journey.

GET STARTED TODAY!

Why our members LOVE TPNL!

NEED TO GET YOUR IRON LEVELS UP?

Our plans can help with that, too!

Just want to say that I've been following you for most of my pregnancy and joined the library and between your supplement help and food suggestions my vitamin D levels and iron levels were great! My midwife was so impressed! She says she rarely sees pregnant women with optimal iron levels. I did not have them with my previous pregnancy either.



Thank you so much for answering these questions! It has been such an amazing experience joining TPNL!



SO Grateful for you dispelling these types of comments. I'm TTC and completely overwhelmed by all the information. Joining TPNL was such a relief to have a great resource from someone with true credentials in this area. Thank you so much for offering this and making sanity accessible to people who are in the process of becoming parents. So many folks mean well but it's too easy to spread bad info if you don't have the degree or credentials and don't have access to, or the tools to understand the research.

WANT TO SAVE MONEY\$\$ ON GROCERIES?

Us, too! We got your back

Hello Ryann

I love the meal plans! I made the right decision to start that route. I have to say the meal plans are easy to follow delicious and my husband loves them as well. We have been saving so much money in groceries! I

[CLICK HERE](#)