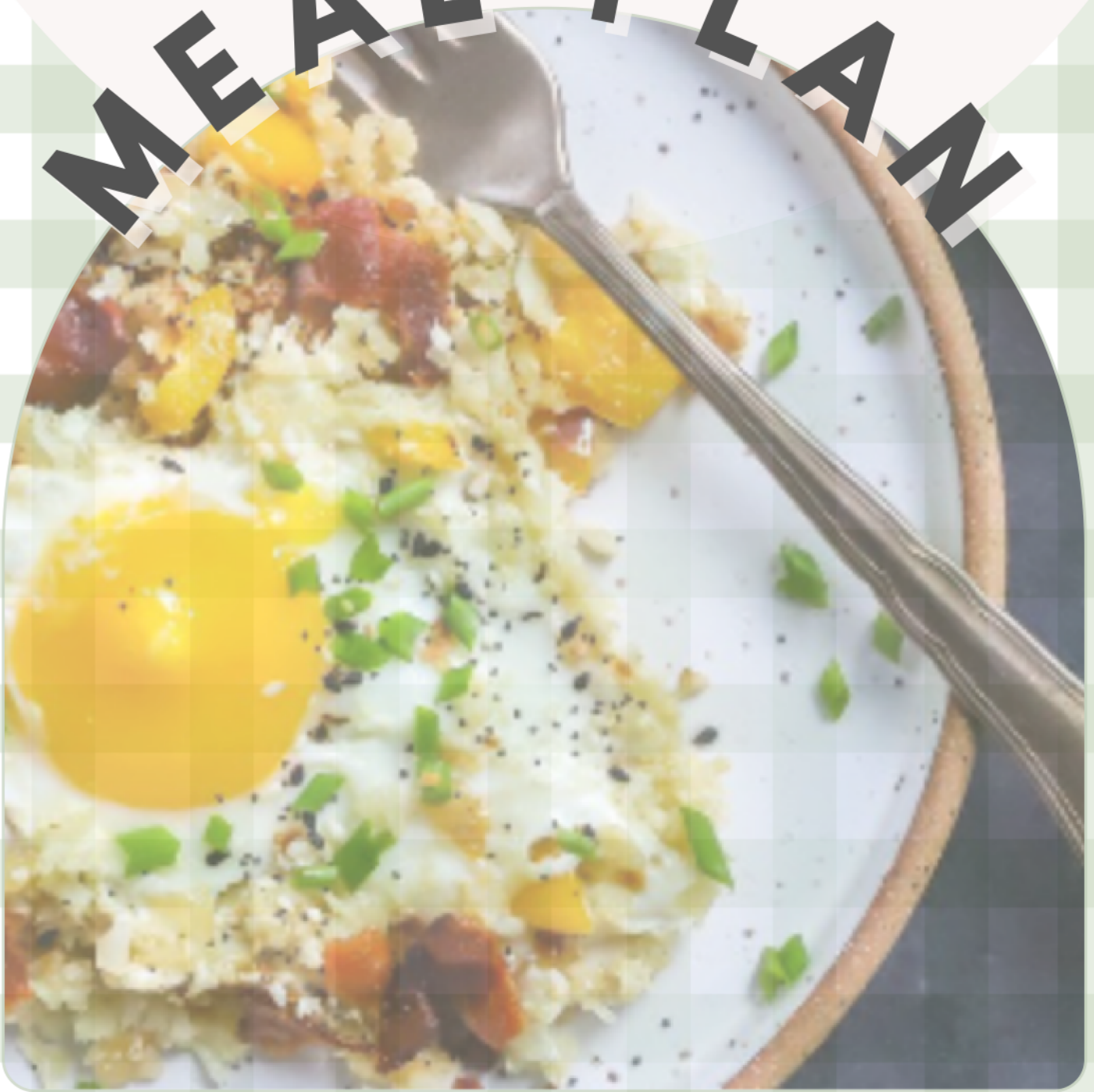


RYANN KIPPING, MPH, RDN
THE PRENATAL NUTRITIONIST

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 that 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 inside The Prenatal Nutrition Library.

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	SAUSAGE, BEAN, AND KALE SOUP	SALT CRAVINGS EDAMAME	AVOCADO, CUCUMBER, & NORI SNACK BOX
FRI.	KALE AND GOAT CHEESE OMELETTE	SHRIMP FAJITAS	SAUSAGE, BEAN, AND KALE SOUP	SALT CRAVINGS EDAMAME	YOGURT PARFAIT
SAT.	CAULIFLOWER RICE BREAKFAST HASH	SHRIMP FAJITAS	CHICKEN SALAD PITA POCKETS	YOGURT PARFAIT	AVOCADO, CUCUMBER, & NORI SNACK BOX
SUN.	CAULIFLOWER RICE BREAKFAST HASH	SHRIMP FAJITAS	CHICKEN SALAD PITA POCKETS	SALT CRAVINGS EDAMAME	YOGURT PARFAIT

SEVEN DAY *grocery list*

PROTEIN

- 1 pack of bacon*
- 2 cups shredded chicken
- (2) 3-4 oz salmon fillets
- 2 pounds shrimp, peeled and deveined
- 18 oz top sirloin steak
- 2 sausage links
- 6-8 oz. chicken, diced

DAIRY/COLD

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

DRY GOODS

- 1 jar of Almond butter
- 2 cans white beans
- 3/4 cup corn (or buy frozen)
- 4 1/2 cups chicken broth
- 5 tbsps Silvered Almonds
- 5 tbsps Chia Seeds
- Unsweetened coconut shreds
- 1 cup cashews
- 1 pack tortillas (8 total)
- 1 cup pasta shells
- 2 dinner rolls or toast
- 4 tbsp pecans
- 2 pita pockets

PRODUCE

- 5 1/2 cups baby kale*
- 2 cups spinach*
- 1 banana
- 1/2 cup carrots
- 3 yellow onions
- 3 yellow bell peppers*
- 1 red Onion
- 2 red bell peppers*
- 3 cups cauliflower rice
- 1 tbsp chives, optional
- 2 oranges
- 5 cups broccoli
- 1 pint strawberries*
- Fresh oregano
- 3 cups asparagus
- 3 clove minced garlic
- 10 cups edamame*
- 2 avocados
- 1 cucumber
- 1 lime
- 1 bundle cilantro
- 2 celery stalks
- 1/2 cup diced cucumber*
- 4-6 lettuce leaves*
- 16 baby carrots

*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
- Cayenne Pepper
- 16 nori sheets
- 2 tsp sesame seeds, optional
- Oregano, dried
- Basil, dried
- 2 tbsp dijon mustard
- 4 tbsp mayo

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.

SHRIMP FAJITAS



INGREDIENTS FOR SHRIMP FAJITAS:

- 2 pound shrimp, peeled and deveined
- 2 red bell pepper, sliced
- 2 yellow bell pepper, sliced
- 1 red onion, sliced
- 1 tablespoon coconut oil
- 1 tbsp smoked paprika
- 1/2 tbsp cumin
- 1 tsp cayenne pepper
- 1 tsp garlic powder
- 1 dash salt
- 1 dash pepper
- 1 lime juiced
- 1/2 cup fresh cilantro chopped
- 8 tortillas

DIRECTIONS FOR SHRIMP FAJITAS:

MAKES 4 SERVINGS

1. Preheat the oven to 400 F or a gas or charcoal grill over high heat.
2. Cut 2 sheets of foil, about 12-inches long.
3. Divide shrimp, bell peppers and onion into 2 equal portions and add to the center of each foil in a single layer. Fold up all 4 sides of each foil packet.
4. Add oil, smoked paprika, cumin, cayenne pepper, garlic powder, salt, pepper and lime juice; gently toss to combine.
5. Fold the sides of the foil over the shrimp, covering completely and sealing the packets closed.
6. Place foil packets on the grill and cook until just cooked through, about 12-15 minutes at 400 F.
7. Serve immediately with tortillas garnished with cilantro.

NOTES

Leftovers

- Store leftovers in an airtight container for up to 3 days

No Shrimp

- Use flank steak or chicken

Other Toppings

- Add avocado, cheese, or your favorite salsa

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.

SAUSAGE, BEAN, & KALE SOUP



INGREDIENTS FOR SAUSAGE SOUP:

- 2 sausage links
- 1 cup cooked pasta
- 1 cup raw kale
- 1/2 onion, chopped
- 2 celery stalks chopped
- 1/2 cup carrots chopped
- 2 garlic cloves chopped
- 1/2 cup white beans (drained/rinsed)
- 2 1/2 cups chicken broth
- 1 tsp oregano
- 1 tsp basil
- Salt/pepper to taste
- 2 dinner rolls or toast

DIRECTIONS FOR SAUSAGE SOUP:

MAKES 2 SERVINGS

1. Add all ingredients to a large pot and bring to a boil. Simmer on low for 15 minutes.
2. Serve with a roll or toast.

NOTES

Leftovers

- Store in airtight container for up to 3 days.

CHICKEN SALAD PITA POCKET & CARROTS



INGREDIENTS FOR CHICKEN SALAD PITA POCKET & CARROTS:

- 6-8 oz. chicken, diced
- 4 tbsp mayo
- 2 tbsp dijon mustard
- 1/2 cup diced cucumber
- 4 tbsp pecans
- 4-6 lettuce leaves
- 2 pita pocket
- 16 baby carrots (to eat separate)

DIRECTIONS FOR CHICKEN SALAD PITA POCKET & CARROTS:

MAKES 2 SERVINGS

1. Add chicken, mayo, dijon mustard, cucumber, and pecans to bowl and combine.
2. Add chicken mixture and lettuce leaves to pita pocket and serve with 8 baby carrots.

NOTES

Leftovers

- Store chicken mixture in refrigerator for second serving the next day.

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.

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!

Pantry staples

GRAINS/LEGUMES

- Old-fashioned/rolled/wheat 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

- Cumin
- Salt
- Pepper
- Garlic
- Onion

MISC

Top 10 List

These are the top 10 most common food allergies in pregnancy. The best way to manage them is to avoid them completely.

The best way to manage them is to avoid them completely.

FOOD	ALTERNATIVE
1. EGGS	TOFU
2. SPINACH	BEAN
3. MILK	SOY
4. WHEAT	GLUTEN
5. PEANUTS	SOY
6. SEEDS	SOY
7. SOY	TOFU
8. CORN	SOY
9. RICE	SOY
10. CHICKEN	TOFU

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](#)