



My Meal Plan

Creating a meal plan for your pregnancy (and beyond!) is a great way to always have healthy ideas and options at your fingertips. In these sections you'll find all sorts of foods that can be part of a healthy lifestyle and how to recognize a carb portion. When creating ideas for meals and snacks, focus on high-quality foods, portion size, and a mix of all the food groups.

Breakfast time _____

Total carbs _____



FOOD GROUP	NUMBER OF SERVINGS	MEAL IDEAS
Carbs	Starch	
	Fruit	
	Milk	
Vegetables		
Protein		
Fats		

Morning Snack Carbs _____

Snack ideas:



Lunch time _____

Total carbs _____



FOOD GROUP	NUMBER OF SERVINGS	MEAL IDEAS
Carbs	Starch	
	Fruit	
	Milk	
Vegetables		
Protein		
Fats		

Afternoon Snack Carbs _____



Snack ideas:

Dinner time _____

Total carbs _____



FOOD GROUP	NUMBER OF SERVINGS	MEAL IDEAS
Carbs	Starch	
	Fruit	
	Milk	
Vegetables		
Protein		
Fats		

Bedtime Snack Carbs _____

Snack ideas:

