

# HEALTHY MENUS FOR PREGNANT WOMEN AND THE WHOLE FAMILY!

See the accompanying booklet for the recipes. If you're missing some of the ingredients, you can refer to the recipes for alternatives.



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>WEEK 1</b>							
<b>Breakfast</b>	Grapefruit, hearty bannock, apple sauce and milk	Oatmeal, sesame seeds, apple, clementines and milk	French toast, 100% pure fruit spread, juice and cheese	Whole grain cereal, fresh fruits, nuts and milk	Cheese omelette, toast and 100% pure fruit juice	Tropical breakfast, whole wheat bannock	Pancakes, fruits, orange-cinnamon yogurt and juice
<b>Morning snack</b>	Cheese, pear, water	Molasses cookies, water	Apple (or other fresh fruit), water	Apricots, soya nuts, water	Plain yogurt and stawberries, water	Peanuts, plums, water	Cream cheese salmon spread, crackers, water
<b>Lunch</b>	Arctic char steaks, steamed broccoli and brown rice	Cold platter with cottage cheese, lentil soup and water	«Cream» of vegetable soup, meat sandwich and water	Quick caribou pita pizza (or with other meat) and milk	Hearty millet and venison soup, milk and cranberry muffin	Macaroni salad, peach crisp and milk	Tacos, salsa sauce, peanut butter cookies and soya «milk»
<b>Afternoon snack</b>	Blueberry-lemon muffins	Home-made ginger cake, water	Orange muffins, milk	Fruits bar, cheese, water	Banana (or vegetable or other fruit), water	Grapes, milk	Fruits bar, vegetable, water
<b>Supper</b>	Caribou stew, carrot bread and milk	Tomato Pork chops, potatoes and yogurt	Salmon and corn soup, vegetarian spaghetti and water	Rice and chick pea salad, tapioca pudding and water	Fish «burger», vegetable soup and milk	Meatloaf, crispy baked potatoes, maple squash	Fruity chicken, steamed zucchini, basmati and wild rice
<b>Bedtime snack</b>	Fruit salad, water	Peach (or vegetable or other fruit), water	Oat bannock, meat broth	Veggie-pâté, crackers, water	Humus, raw vegetables, water	Rice pudding, water	Fruit yogurt, water

<b>WEEK 2</b>							
<b>Breakfast</b>	Iron-rich bannock, light cream cheese and juice	Cheese and fruit platter, raisin bread and milk	Cream of wheat, milk, oranges, grapes, sunflower seeds	Toast, peanut butter, banana and milk	Fruit milkshake, whole wheat bagel, fruit spread	Eggs, toast, 100% pure fruit jam, orange, milk	«Fried» bannock, light Ricotta cheese, fruit juice
<b>Morning snack</b>	Yogurt, wild berries, water	Dried fruit cookies, water	Hazelnut, in season fruit, water	Grapes, water	Mixed grains, nuts, fruits, water	Watermelon, cheese, water	Healthy frozen pops, water
<b>Lunch</b>	Salmon quiche, apple salad and water	Chicken, rice and bean soup, tzatziki, pumpkin muffin	Cold platter, barley soup, date squares and water	Ham pita sandwich, plain custard and water	Coleslaw, «turkey style» tofu sandwich and milk	Tuna salad, corn bread, milk	Onion soup au gratin, bean salad and milk
<b>Afternoon snack</b>	Whole wheat muffins, water	Kiwis (or other fruit or vegetable), water	Slice of bread, molasses, water	Dried figs, almonds, water	Vegetable juice, cheese	Strawberry-rhubarb compote, water	Corn on the cob, water
<b>Supper</b>	Venison polenta au gratin, peaches and dumplings, milk	Shish kebab, rice, Greek salad, baked apple, water	Caribou chili, fruits and yogurt, water	Sole, wild rice amandine, steamed squash, milk	Fried liver with vegetables, mashed potatoes, parsnips, water	Tandoori chicken, rice, salad, fruity cantaloupe, milk	Goose, vegetables and dumplings, fruit gelatine and yogurt
<b>Bedtime snack</b>	Plum (or other fruit or vegetable), water	Banana-date muffins, milk	Berry bannock, milk	Spinach dip, raw vegetables, water	Apple (or other fruit), water	Nectarine (or other fruit), water	Pumpkin soup, oven baked bannock

