The Brewers Pregnancy Diet

DAILY MEAL GUIDE

Embracing Birth

DAILY MEAL GUIDE
HOW IT WORKS

This guide is broken into 4 groups. If in one day you eat 1 meal/snack from each group you will successfully meet all your requirements.

For example, for breakfast you choose a meal from group 1, then for lunch you can choose a meal from 2, 3 or 4. Say you choose group 4. Dinner you pick from group 2 and your snack is from group 3. By the end of the day you will have covered all your nutritional needs by eating from each group.

These meals not an exhaustive list. They are suggestions and can be adapted to meet your needs. I hope this is a tool that helps you understand how you can get your daily needs with as little stress as possible. I hope this guide helps you see how you can make your own favorite meals work for you while checking off all that Dr Brewer recommends.

BREAKFAST

GROUP 1 2 Dairy, 2 Eggs, 2 Whole Grain, 2 Vitamin C, 1 Fats & Oils

2 eggs 2 pieces of toast, bagel, **or** pancakes ½ cup cottage cheese 1 cup fruit (Strawberry, Pineapple, Kiwi, Mango, Cantaloupe, Papaya)	2 eggs 2 pieces of toast, bagel, **or** pancakes Smoothie (1 cup milk, 1 cup greek yogurt, 1 ½ cups fruit) (Strawberry, Pineapple, Kiwi, Mango, Cantaloupe, Papaya)	2 eggs 2 pieces of toast, bagel, **or** pancakes with butter ½ cup cottage cheese 1 orange, grapefruit **or** lemon, whole or juiced

GROUP 2 1 Dairy, 2 eggs, 2 Protein, 1 Fats & Oils

3 eggs 3 sausage links/patties 1 cup yogurt	2 eggs ½ cup ground beef ½ cup hash-browns **or** country style potato 1 oz slice of cheese	3 eggs ½ cup ground beef 1 cup of milk

GROUP 3 1 Dairy, 2 Calcium, 1 Protein, 2 Greens, 1 Whole Grain

Breakfast green salad 1 cup kale 1 cup shredded brussel sprouts 1/2 cup rice or quinoa 1 avocado green onions 1 egg	1 slice of toast or bagel with peanut butter 1 glass green smoothie with dairy	Zucchini Kale Skillet 1 cup kale 1 cup zucchini onions & garlic mushrooms fetta **or** parmesan eggs **or** sausage 1 slice of toast

GROUP 4 2 Protein, 2 Whole Grain, Vitamin A

2 pieces of toast, pancakes or bagel with peanut butter ½ cup yogurt **or** cottage cheese 1 cup mango or apricots	1 cup oatmeal ¼ cup milk 1 tablespoon chia seeds ¼ cup chopped nuts ½ cantaloupe	1 ½ cup nutty granola, add nuts if needed ½-1 cup milk 3 apricots fresh/dried

LUNCH

GROUP 1 2 Dairy, 2 Eggs, 2 Whole Grain, 2 Vitamin C, 1 Fats & Oils

Eggs and Cheese Sandwich 1 cup fruit (Strawberry, Pineapple, Kiwi, Mango, Cantaloupe, Papaya)	Grilled Cheese Sandwich 2 hard boiled eggs 1 cup fruit (Strawberry, Pineapple, Kiwi, Mango, Cantaloupe, Papaya)	BLT Sandwich (1 whole tomato) 2 hard boiled eggs ½ cup cottage cheese **or** yogurt ½ cup fruit	2 Eggs 1 cup rice 1 tomato 1 green bell pepper 2 slices of cheese **or** cottage cheese

GROUP 2 1 Dairy, 3 Protein, 1 Whole Grain 1 Fats & Oils

Hummus wrap tortilla, hummus fetta cheese chicken any other added veggies	Tacos or bean bowl ⅓ cup meat ⅔ cup bean ½ cup rice **or** corn tortillas 2 oz of cheese	⅔ cup tuna salad with ½ cup rice **or** a sandwich add sour cream, cheese **or** yogurt on the side.	3-4 oz meat or fish ½ cup rice 2 oz of cheese **or** a smoothie with yogurt

GROUP 3 1 Dairy, 2 Calcium, 2 Protein, 1 Fats & Oils, 2 Greens,

Salad ½-1 cup lettuce ½ cup kale ½ cup meat/fish **or** ⅔ cup beans olives **or** broccoli 2 oz of cheese	Smoothie with kale, dairy and chia seeds ½-1 cup trail mix **or** 2 high protein granola bars	1 baked potato 1 cup broccoli 2 oz of cheese sour cream ½ cup meat **or** beans small salad **or** green smoothie	Greek stir fry 1 cup broccoli 1/2 cup kale **or** bok choy ⅔ cup meat **or** fish **or** tofu fetta cheese black olives

GROUP 4 2 Protein, 2 Whole Grain, Vitamin A, 1 Fats & Oils

Sandwich Meat and cheese **or** tuna melt Sweet potato fries	½ cup meat/fish with 1 cup rice **or** quinoa 1 carrot or ½ a sweet potato	⅔ cup beans with 1 cup rice 2 oz cheese yellow or red bell peppers	2 slices of bread ¼ cup peanut butter (PB&J) ¼ cup yogurt **or** cottage cheese **or** ½ cup nuts 1 cup mango **or** apricots

DINNER

GROUP 1 2 Dairy, 2 Eggs, 2 Whole Grain, 2 Vitamin C, 1 Fats & Oils

2 eggs 2 pieces of toast, bagel, **or** pancakes ½ cup cottage cheese 1 cup fruit	1 cup egg fried rice 4 oz tofu stir fry with bell pepper, broccoli and tomatoes cheese **or** Greek yogurt on the side	Breakfast burrito eggs, sour cream, cheese, bell pepper, tomatoes rice (beans optional)	Omelette bell peppers, cheese, tomatoes, greek yogurt 2 pieces of toast

GROUP 2 1 Dairy, 3 Protein, 1 Fats & Oils

Chili with cheese and sour cream **or** bean bowl cheese and sour cream **or** merry me butter beans	Chicken alfredo **or** creamy chicken **or** ricotta chicken	Shepherd pie **or** cowboy casserole **or** meat loaf with cheese	Tuscan salmon **or** creamy shrimp scampi

GROUP 3 1 Dairy, 2 Calcium, 2 Protein, 1 Fats & Oils, 2 Greens, 1 Whole Grain

Chicken enchiladas with Mexican street corn and kale salad	Spaghetti and meat sauce with 1 tablespoon molasses parmesan cheese side of kale salad **or** broccoli.	2+ oz meat/fish ½ cup rice **or** a dinner roll salad with Kale saute or steamed green veggies creamy salad dressing **or** cheese	Large salad with meat/fish and creamy salad dressing **or** cheese croutons **or** bread (Broccoli salad, Italian chopped salad, Chicken southwest salad Lemon parm kale salad, Cobb salad, etc...)

GROUP 4 2 Protein, 2 Whole Grain, Vitamin A, 1 Fats & Oils

Sweet potato 2 dinner rolls 2+ oz of meat/fish	Sweet potato fries and a burger	Chicken pasta salad with fresh cantaloupe on the side	Beef stew with carrots over rice **or** dinner rolls with butter

SNACKS

GROUP 1 2 Dairy, 2 Eggs, 2 Whole Grain, 2 Vitamin C,

2 eggs any style Strawberry Smoothie with 1 cup yogurt or milk Bagel or muffin	2 eggs any style Yogurt with granola and fruit (Strawberry, Pineapple, Kiwi, Mango, Cantaloupe, Papaya)	2 eggs any style Cheese and tomato sandwich	2 eggs any style 1 cup frozen yogurt or ice cream 1 orange or grapefruit or juice

GROUP 2 1 Dairy, 3 Protein, 1 Fats & Oils

2 high protein granola bars peanut butter yogurt bowl	1 cup nuts/trail mix ½ cup yogurt or cottage cheese	Protein breakfast cookies with a glass of milk	Meat Ball **or** Bean Ball 2 slices of hard cheese

GROUP 3 1 Dairy, 2 Calcium, 2 Protein, 1 Fats & Oils, 2 Greens, 1 Whole Grain

Green Protein Smoothie ½ bagel with butter	1 cup broccoli and other green veggies crackers, cheese, nuts and hummus	2 high protein granola bars 2 slices of cheese Spinach chips	Chicken, kale & avocado wrap with cheese Green smoothie

GROUP 4 2 Protein, 2 Whole Grain, Vitamin A, 1 Fats & Oils

Protein breakfast cookies Fresh/dried mango **or** apricots	Sweet potato fries **or** carrots hummus and crackers	High protein granola bars **or** nuts cottage cheese pumpkin muffins 1 cup cantaloupe or mango	Pumpkin protein smoothie a bagel, toast, muffin with peanut butter

A FEW RECIPES

Pineapple Kale Smoothie

1 cup pineapple
1 cup kale
lemon juice
honey to taste
¼ inch fresh ginger
water/coconut water
2 tbsp chia seeds

Green Protein Smoothie

1 cup kale
1 cup frozen peas
1 tbsp spirulina
2 bananas
½ cup Greek yogurt
2 tbsp chia seeds

optional
1 cup favorite fruit **or** peanut butter and cocoa powder

Pumpkin Protein Smoothie

1 cup pumpkin
1-2 frozen bananas
½ cup cottage cheese **or** Greek yogurt
2 tbsp chia seeds
2 tbsp maple syrup **or** honey
2 tsp pumpkin spice
1 ½-2 cups milk **or** water

Protein Breakfast Cookies

1 cup peanut **or** almond butter
3-4 tbsp honey **or** maple syrup
1 tsp vanilla extract
3 tbsp chia seeds
⅓ cup chopped almonds
¼ cup chocolate chips **or** raisins

Vitamin A Fruit & Veggies

3 apricots (100 mcg)
1/2 cantaloupe (450 mcg)
1/2 cup carrots (1 large) (450 mcg)
1/2 cup pumpkin (450 mcg)
1/2 cup winter squash (400 mcg)
1 sweet potato (900 mcg)
1 mango (112 mcg)
1 cup kale (172 mcg)

Vitamin C Fruit & Veggies

1/2 grapefruit
2/3 cup grapefruit juice
1 orange
1/2 cup orange juice
1 large tomato
1 cup tomato juice
1/2 cantaloupe
1 lemon or lime
1/2 cup papaya
1/2 cup strawberries
1 large green pepper
1 large potato, any style
1 mango
1 cup pineapple