

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Whole Grain Toast Almond Butter Banana Milk	Poached Eggs Whole Grain Toast Margarine or butter Peach	Breakfast Smoothie: frozen berries, yogurt, milk and 1/2 banana Homemade Bran Banana muffin (see recipe)	Yogurt Parfait: Yogurt Low-fat Granola Berries	WW English Muffin Pear Hard or soft-cooked egg(s)	Whole Grain Bagel Peanut Butter Apple	Ready to eat Cereal Milk or Soy Milk Banana or berries
Lunch	Turkey sandwich: Whole grain bread Turkey, cucumbers, peppers, lettuce, Mustard Nectarine	Leftover Chili Raw cucumbers and celery and low fat dip	Spinach and Steak Salad with carrots, avocado, peppers Whole wheat slice of toast with Margarine or butter	Grilled Chicken Caesar Pita Sandwich Whole-wheat pita Light Caesar dressing, lettuce, cucumber, tomato Apple	Pork Sandwich on rye bread with Dijon mustard, light mayo and lettuce and cheese (if desired) Vegetable soup Glass of Milk	Egg Salad Wrap Light mayo Spinach Celery Fresh Fruit Salad	Grilled Cheese and tomato on whole grain bread Squash, broccoli or other vegetable soup Glass of milk
Dinner	Easy Vegetarian Chili (see recipe) Tossed Salad Vinaigrette Dressing	Sirloin or tenderloin steak (*note: make extra for tomorrow lunch) Wild Rice Steamed Broccoli	Grilled chicken breast <i>(*note: make extra for tomorrow lunch)</i> Whole wheat couscous Steamed green beans tossed with vinaigrette salad dressing	Roast Pork * make extra Yam Wedges (see recipe) Garden salad with light dressing Grilled Zucchini	Homemade pizza: Whole Grain Pizza crust. Tomato Sauce Chicken (fresh or deli), Peppers, tomatoes, mushrooms, other veggies Mozza cheese	Thai Chicken Thighs (see recipe) Basmati Rice (make extra for tomorrow night) Steamed broccoli and cauliflower	Salmon Leftover rice from Saturday dinner Stir-fried mixed veggies
Snacks	Yogurt Crackers and hummus	Milk or Soy Milk Banana and almonds	High fibre granola bar (Kashi a good brand) Cheddar Cheese and crackers	Latte or tea latte Grapes Trail mix	Hot Chocolate made with milk Raw veggies and hummus	Yogurt Orange and almonds	Fresh piece of fruit Homemade Banana Bran Muffin (see recipe)

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onions
- 3/4 cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 3/4 cup chopped celery
- 1 tablespoon chili powder
- 1 1/2 cups chopped fresh (or canned) mushrooms
- 1 (28 ounce) can whole peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole kernel corn, undrained
- 1 tablespoon ground cumin
- 1 1/2 teaspoons dried oregano

Directions:

1. Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes.
2. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

This is a combo of my two favorite muffin recipes- my Grandma's Bran "Pail of Muffins" recipe and my Mom's delicious banana muffin recipe, This muffin marriage is MARVELOUS to say the least. This recipe makes 4 dozen medium-sized muffins- freeze them for weeks of muffin deliciousness. Pair this muffin with yogurt or cottage cheese and fruit for a light lunch or snack.

Preheat oven to 375 and line or grease 2 medium muffin tins.

Ingredients

- 2 cups 100% Bran
- 2 cups boiling water
- 2 cups whole wheat flour
- 2 cups all purpose flour
- 2 cups bran flakes
- 2 tablespoons baking soda
- 2 tsp. salt
- 1/2 cup butter (room temperature)
- 3 eggs (room temperature)
- 2/3 cup brown sugar
- 2/3 cup white sugar
- 2 tsp vanilla
- 2 cups buttermilk
- 6 ripe bananas mashed
- 2 cups dried fruit such as raisins, cranberries, cherries, or mangoes.

Instructions

- Bowl 1-Pour the boiling water over the bran and set aside to cool.
- Bowl 2 – Sift the flours, baking soda and salt together and then add the bran flakes – mix lightly.
- Bowl 3 – mash the bananas -set aside.
- Bowl 4 – (your mixer) Cream butter, eggs, sugars and vanilla until light and fluffy – about 3 minutes on medium speed. Add the 100% bran mixture, bananas and the buttermilk. Mix lightly.
- Fold in the dry ingredients in 2 or 3 parts just until mixed. You don't want to overmix but you want all of the flour to be incorporated.
- Add the dried fruit and mix lightly. Let mixture sit for 1/2 hour before baking.
- Fill muffin tins 2/3 full. Bake for 15-17 minutes – depending on your oven.

Ingredients

- 2 large Yams
- 1 tablespoon canola oil
- 2 cloves garlic, minced
- Salt, pepper and paprika to taste

Instructions

- Preheat oven to 425 degrees F. Spray a nonstick baking sheet with vegetable cooking spray. Set aside.
- Rinse and dry yams
- Cut into large wedges or fries
- Transfer yams to a large clean bowl. Sprinkle with oil, pepper, paprika and salt; toss gently to combine.
- Arrange seasoned yams in a single layer on prepared baking sheet.
- Bake for 20 minutes. Using a spatula, turn potatoes; sprinkle with garlic.
- Bake until golden, about 20 minutes, turning baking sheet after 10 minutes for even browning.

Serve immediately.

Enjoy!



Thai Peanut Chicken Thighs

This recipe is so yummy and so easy! You will likely have all of the ingredients on hand!

Serves 4

Ingredients

- 8 chix thighs, boneless and skinless
- 1/4 cup peanut butter
- 3 cloves chopped garlic
- 2 tbsp honey
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 1/4 cup soy sauce
- 1/4 tsp cayenne pepper

Directions

- Blend above ingredients in blender until finely ground. Place chicken thighs in baking pan and pour sauce over.
- Bake at 375F for 35min or until juices run clear. Serve over white basmati rice. Pair with a green salad with an Asian vinaigrette. Enjoy!

Nutrition Coaching and Resources for Expectant and New Moms