



Prenatal Diet

Created by Cynthia Libert, M.D.



Prenatal Diet

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Banana Coconut Steel Cut Oats	Banana Coconut Steel Cut Oats	Peanut Butter Banana Oat Smoothie	Peanut Butter Banana Oat Smoothie	Blueberry Beet Chia Pudding	Blueberry Beet Chia Pudding	Blueberry Beet Chia Pudding
Snack 1	Yogurt & Berries	Yogurt & Berries	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Trail Mix With Banana	Trail Mix With Banana	Trail Mix With Banana
Lunch	Slow Cooker Black Bean Soup	Apple Turkey Burgers with Caramelized Onions and Brie	Slow Cooker Hawaiian Beef	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato	Slow Cooker Black Bean Soup	Slow Cooker Black Bean Soup
Snack 2	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Peanut Butter & Jelly Banana Rolls	Brownie Batter Protein Balls	Brownie Batter Protein Balls	Brownie Batter Protein Balls	Brownie Batter Protein Balls
Dinner	Apple Turkey Burgers with Caramelized Onions and Brie	Slow Cooker Hawaiian Beef	Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato	Baked Salmon with Broccoli & Quinoa	Mexican Black Bean Omelette	Kale Greek Salad with Steak	Kale Greek Salad with Steak

Prenatal Diet

74 items

Fruits

- 1 Apple
- 1/4 Avocado
- 9 Banana
- 1 cup Blueberries
- 1 2/3 Lemon
- 1 Lime
- 3/4 cup Strawberries

Breakfast

- 2/3 cup All Natural Peanut Butter
- 2 3/4 tbsps Maple Syrup
- 3 1/2 tbsps Pumpkin Seed Butter
- 1/2 cup Steel Cut Oats

Seeds, Nuts & Spices

- 2/3 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 1 1/16 cups Chia Seeds
- 1 1/4 tbsps Chili Powder
- 1 tsp Cinnamon
- 1 cup Clean Trail Mix
- 1 1/2 tsps Cumin
- 1 1/2 tsps Curry Powder
- 1/4 tsp Dried Thyme
- 1 tsp Garam Masala
- 1/4 tsp Ground Sage
- 1/2 tsp Nutmeg
- 1/4 tsp Oregano
- 1 1/2 tsps Paprika
- 1/4 cup Pecans
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3 Brown Rice Tortillas
- 2 cups Frozen Berries

Vegetables

- 1 Beet
- 2 cups Broccoli
- 1/2 Carrot
- 1 stalk Celery
- 1/2 cup Cherry Tomatoes
- 1/2 Cucumber
- 5 1/2 Garlic
- 1/4 Green Bell Pepper
- 1/2 head Green Lettuce
- 10 cups Kale Leaves
- 1/4 cup Mushrooms
- 2 Red Bell Pepper
- 1/2 cup Red Onion
- 1 Sweet Potato
- 1 1/2 Yellow Onion

Boxed & Canned

- 4 3/4 cups Black Beans
- 2 cups Chickpeas
- 3/4 cup Crushed Pineapple
- 1 1/2 cups Diced Tomatoes
- 1 3/4 cups Organic Coconut Milk
- 3/4 cup Quinoa

Baking

- 2 tsps Cacao Powder
- 1/2 cup Oats
- 1/3 cup Organic Dark Chocolate Chips
- 3 1/2 tbsps Pitted Dates
- 1/4 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 8 ozs Beef Brisket
- 6 ozs Beef Tenderloin
- 2 ozs Brie Cheese
- 8 ozs Extra Lean Ground Turkey
- 1/4 cup Feta Cheese
- 5 ozs Salmon Fillet

Condiments & Oils

- 3 tbsps Apple Cider Vinegar
- 2 1/2 tbsps Coconut Oil
- 2 1/3 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Pitted Kalamata Olives
- 1 1/2 tbsps Red Wine Vinegar
- 1 tbsp Tamari

Cold

- 6 Egg
- 2 cups Plain Greek Yogurt
- 4 1/8 cups Unsweetened Almond Milk

Other

- 1/3 cup Chocolate Protein Powder
- 3 1/8 cups Water

Banana Coconut Steel Cut Oats

6 ingredients · 25 minutes · 2 servings



Directions

1. In a pot, combine your coconut milk, water and steel cut oats. Stir and place over medium-high heat and bring to a boil. Reduce heat to medium-low and let oats cook for 10 to 20 minutes depending on how crunchy you like your cereal. Stir occasionally.
2. Remove oats from heat. Add banana to the pot and mash into the cooked oats with a fork or potato masher.
3. Divide banana coconut oats between bowls. Top with your toasted pecans and coconut. Enjoy!

Notes

Make it Sweeter

Top with sliced banana or a drizzle of maple syrup.

On-the-Go

Pack the oats into mason jars and reheat before eating.

No Coconut Milk

Use unsweetened almond milk.

Ingredients

3/4 cup Organic Coconut Milk (canned)

3/4 cup Water

1/2 cup Steel Cut Oats (uncooked)

1 Banana (very ripe)

1/4 cup Pecans (toasted)

1/4 cup Unsweetened Coconut Flakes (toasted)

Peanut Butter Banana Oat Smoothie

4 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana

Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter

Use any nut or seed butter.

Storage

Store in a mason jar with lid in the fridge up to 48 hours.

More Protein

Add hemp seeds or a scoop of protein powder.

More Fibre

Add ground flax seed.

Ingredients

1/2 cup Oats (quick or traditional)

1/4 cup All Natural Peanut Butter

2 Banana

1 cup Unsweetened Almond Milk

Blueberry Beet Chia Pudding

7 ingredients · 3 hours · 4 servings



Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
2. Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
3. Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
4. Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time

Buy canned beets. Make sure they are not pickled!

Topping Ideas

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.

Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Organic Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

Yogurt & Berries

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

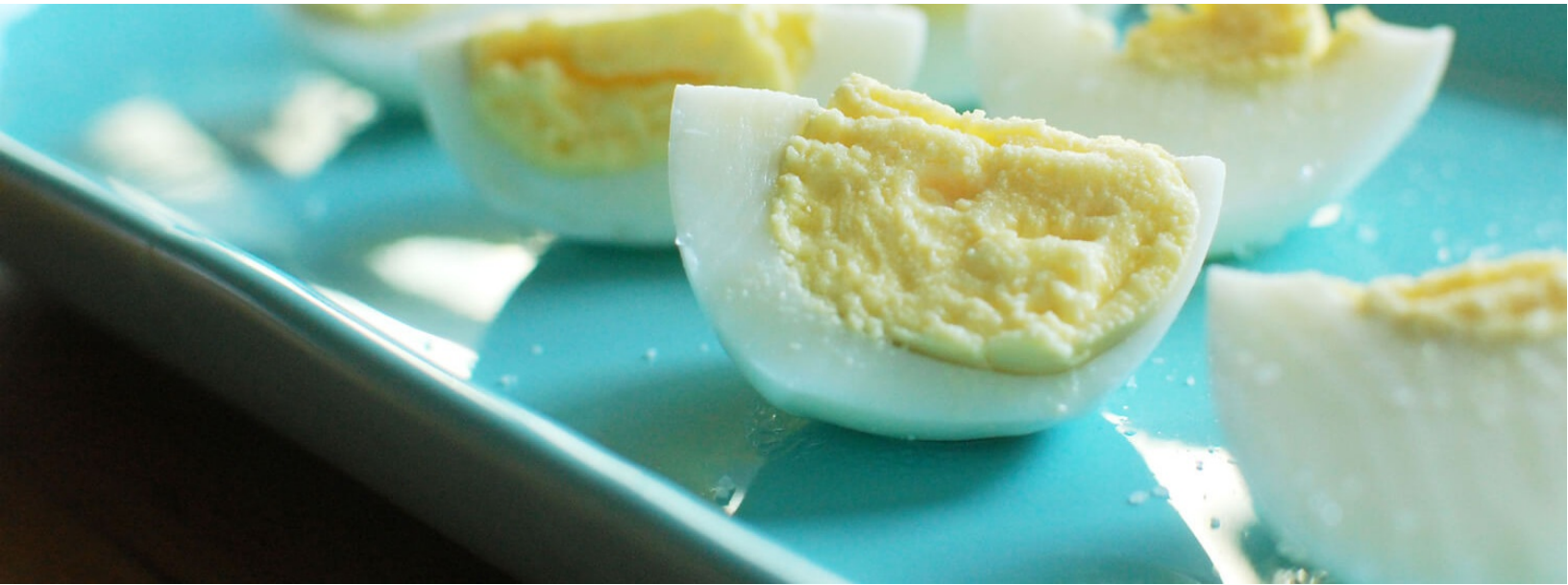
Ingredients

2 cups Plain Greek Yogurt

2 cups Frozen Berries (thawed)

Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 2 servings



Directions

1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

Ingredients

- 4 Egg
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Apple Cider Vinegar (divided)

Trail Mix With Banana

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide trail mix into bowls or containers, and serve with a banana on the side. Happy snacking!

Ingredients

- 1/3 cup Clean Trail Mix
- 1 Banana

Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 3 servings



Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (finely diced)
- 1 **stalk** Celery (diced)
- 1/2 Carrot (large, chopped)
- 3 Garlic (cloves, minced)
- 1 1/2 **tsps** Cumin
- 1/4 **tsp** Cayenne Pepper
- 3 **cups** Black Beans (cooked, drained and rinsed)
- 1 1/2 **cups** Diced Tomatoes
- 1 **cup** Water
- 1 Lime (juiced)

Peanut Butter & Jelly Banana Rolls

6 ingredients · 1 hour · 3 servings



Directions

1. Start by preparing your Strawberry Chia Jam. Add the strawberries, maple syrup and chia seeds to a food processor. Pulse lightly until a chunky, jam-like consistency forms. Be careful not to over process.
2. Transfer jam into a saucepan and place on the stove over medium heat. Stir until it begins to bubble. Reduce heat to low and let simmer for 10 to 15 minutes or until jam begins to thicken.
3. Remove from heat and pour into a mason jar. Place in the fridge to thicken and cool for at least 30 minutes.
4. Once the jam has cooled, spread the peanut butter and jam across tortillas. Place a banana in the centre and roll it up. Enjoy as is, or slice into rounds.

Notes

No Strawberries

Use any type of berry instead.

Ingredients

- 3/4 cup** Strawberries (halved)
- 2 1/4 tsps** Maple Syrup
- 2 1/4 tsps** Chia Seeds
- 3** Brown Rice Tortillas
- 3** Banana (peeled)
- 1/3 cup** All Natural Peanut Butter

Brownie Batter Protein Balls

7 ingredients · 40 minutes · 3 servings



Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter

Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use a plant-based protein powder.

Ingredients

- 3 1/2 tbsps** Pitted Dates (packed)
- 1 1/3 cups** Black Beans (cooked)
- 1/3 cup** Chocolate Protein Powder
- 3 1/2 tbsps** Pumpkin Seed Butter
- 1/3 tsp** Sea Salt
- 2 tpsps** Cacao Powder
- 1/3 cup** Organic Dark Chocolate Chips (optional)

Apple Turkey Burgers with Caramelized Onions and Brie

11 ingredients · 45 minutes · 2 servings



Directions

1. Heat coconut oil in a frying pan over medium heat. Add yellow onion and saute for 30 minutes or until fried and crispy, stirring occasionally. When onion bits get stuck to the bottom, add 1 to 2 tbsp of water at a time to deglaze the pan. Set aside.
2. Take half your apple servings and shred into a bowl. Squeeze and remove excess juice (drink it or add it to a smoothie later!).
3. In a mixing bowl, combine the turkey, shredded apple, dijon, sage, thyme, salt and pepper. Form into patties.
4. Preheat grill over medium heat. Transfer burgers onto the grill and cook for about 7 to 8 minutes per side or until burger is cooked through and juices run clear. Remove from grill.
5. Cut the remaining apple into slices. Plate burger over a bed of lettuce and top with brie, apple slices and caramelized onion.

Notes

BBQ Lover

Grill your apple slices too.

No Grill

Cook burgers in the oven at 350 for 15 minutes per side.

More Carbs

Serve on a bed of brown rice or in a brown rice tortilla wrap.

Leftovers

Can be frozen up to 6 months in an airtight container.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1 Yellow Onion (peeled and finely sliced)
- 1 Apple (green, divided)
- 8 **ozs** Extra Lean Ground Turkey
- 1 **tsp** Dijon Mustard
- 1/4 **tsp** Ground Sage
- 1/4 **tsp** Dried Thyme
- 1/2 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper
- 2 **ozs** Brie Cheese
- 1/2 **head** Green Lettuce (separated into leaves and washed)

Slow Cooker Hawaiian Beef

10 ingredients · 6 hours · 2 servings



Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing 2 cups of water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo

Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

Storage

Store in an airtight container in the fridge up to 3 days.

Save Time

Cook the quinoa in advance and reheat before serving.

Ingredients

- 8 ozs** Beef Brisket
- 1 1/2** Red Bell Pepper (sliced)
- 3/4 cup** Crushed Pineapple (canned, packed in pineapple juice)
- 1/4 cup** Red Onion (finely diced)
- 1 tbsp** Apple Cider Vinegar
- 1 tbsp** Tamari
- 1** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 cup** Water
- 1/2 cup** Quinoa (dry)

Creamy Garlic Kale with Crispy Chickpeas & Sweet Potato

14 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper. Peel apart the garlic cloves, leaving the skin on. Place them on one edge of the baking sheet.
2. Place your chickpeas and diced sweet potato in a mixing bowl. Add in the coconut oil, curry powder, garam masala, chilli powder and paprika. Mix well and transfer to your baking sheet with the garlic. Bake in the oven for 25 to 30 minutes or until chickpeas are golden brown. Remove from oven and set aside.
3. Take your garlic cloves and peel away the skin. Add the remaining garlic flesh into your food processor or blender. Add the olive oil, lemon juice, dijon mustard, black pepper and sea salt. Blend until smooth and creamy.
4. Place your kale leaves in a large salad bowl, drizzle desired amount of dressing over top and mix well. Divide into bowls and top with the roasted chickpeas and sweet potato. Enjoy!

Notes

Save Time

Used pre-washed and sliced bagged kale.

No Kale

Use spinach, romaine or any leafy green.

No Sweet Potato

Use diced carrot or beet instead.

Make it Ahead

The dressing and roasted veggies can be made up in advance. Toss the kale in the dressing when ready to eat.

Ingredients

- 1 Garlic (whole bulb)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 Sweet Potato (diced into half inch cubes)
- 1 1/2 tbsps Coconut Oil (melted)
- 1 1/2 tsps Curry Powder
- 1 tsp Garam Masala
- 1 tbsp Chili Powder
- 1 tsp Paprika
- 1/4 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 2 tbsps Dijon Mustard
- 1/2 tsp Black Pepper
- 1/4 tsp Sea Salt
- 8 cups Kale Leaves (chopped)

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 1 serving



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 5 ozs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 2 cups Broccoli (sliced into small florets)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/4 cup Quinoa (uncooked)
- 1/3 cup Water
- 1/8 Lemon (sliced into wedges)

Mexican Black Bean Omelette

11 ingredients · 15 minutes · 1 serving



Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Enjoy!

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 2 Egg (whisked)
- 2 **tbsps** Unsweetened Almond Milk
- 1/4 Green Bell Pepper (finely diced)
- 1/2 **cup** Black Beans (cooked, drained and rinsed)
- 1/4 **cup** Mushrooms (diced)
- 3/4 **tsp** Chili Powder
- 1/2 **tsp** Nutmeg
- 1/2 **tsp** Paprika
- Sea Salt & Black Pepper (to taste)
- 1/4 Avocado (diced)

Kale Greek Salad with Steak

15 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper. Place red peppers in a large mixing bowl and toss with a splash of extra virgin olive oil and sea salt. Spread the red peppers across the baking sheet and bake in the oven on the middle rack for 20 minutes while you prepare the rest.
2. Place red onion, cucumber, kale, cherry tomatoes, olives and feta cheese together in a large salad bowl and set aside.
3. Create dressing by combining olive oil, vinegar, oregano, lemon juice, minced garlic, sea salt and pepper together in a small bowl. Whisk well and set aside.
4. Remove roasted red peppers from oven and let cool. Once cool, add to bowl with salad ingredients.
5. Increase the oven temperature to 500°F (260°C) and move the rack to the top setting.
6. Season steak with sea salt and pepper on both sides. Place on the baking sheet with the parchment paper you used for the peppers. Place in the oven on the top rack and bake for 5 to 8 minutes per side depending on thickness and how you like your steak done.
7. Remove steak from the oven and cut into thin strips. Add dressing to salad and toss well. Plate salad and add strips of steak over top. Enjoy!

Notes

Vegan & Vegetarians

Skip the steak and add roasted chickpeas.

Ingredients

- 1/2 Red Bell Pepper (de-seeded and cut into slices)
- 1/4 cup Red Onion (finely sliced)
- 1/2 Cucumber (diced)
- 2 cups Kale Leaves (finely chopped)
- 1/2 cup Cherry Tomatoes (halved)
- 1/4 cup Pitted Kalamata Olives (diced)
- 1/4 cup Feta Cheese (crumbled)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Red Wine Vinegar
- 1/4 tsp Oregano
- 1/2 Lemon (juiced)
- 1/2 Garlic (clove, minced)
- 1/8 tsp Sea Salt
- 1/16 tsp Black Pepper
- 6 ozs Beef Tenderloin