

SIMPLE 3-DAY PRE-PREGNANCY DIET PLAN

Day 1

Breakfast : Greek yogurt with berries + flaxseeds

Lunch : Quinoa salad with leafy greens, cherry tomatoes, chickpeas

Snack : 1 handful of walnuts

Dinner : Grilled salmon, sweet potato mash, sautéed spinach

Day 2

Breakfast: Avocado toast on whole grain bread + pomegranate juice

Lunch : Brown rice bowl with tofu, broccoli, and carrots

Snack : 2 Brazil nuts + green tea

Dinner : Baked mackerel, quinoa, and dark leafy greens

Day 3

Breakfast : Smoothie with spinach, banana, berries, and almond milk

Lunch : Whole wheat wrap with hummus, tomatoes, and cucumbers

Snack : Boiled egg + 1 tomato

Dinner : Lentil soup, roasted veggies, side salad