nutri

PREGNANCY MEAL PLAN MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Zaatar Pancakes	 Sahlab	 Pancakes	 Oriental Breakfast	 Cheesecake oats
Lunch	 Artichoke	 Shish Barak	 Grilled shrimps with Saffron rice	 Daoud Basha	 Mixed Grill
Dinner	 Shrimp Crab Duo Salad	 Veggie Burger	 Beef Shawarma	 Chicken Fajitas	 Chciken Shawarma Salad

PREGNANCY MEAL PLAN SIDES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Side Dishes	 Burrito Salad	 Rocca Dried Fig Salad	 Beetroot Tabbouleh	 Fetta Salad	 Crispy Broccoli Salad
	 Cauliflower Soup	 Detox Soup	 Harira Soup		

PREGNANCY MEAL PLAN SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Truffle	 Labneh Avocado Dip & Crackers	 Knefe Cheescake Cups	 Lazy Cake	 Baked Cinnamon Pineapple