

## Meals from 03/09/15 - 03/09/15

### VBa2a's Meals

Your plan is based on a **2600 Calorie** allowance during your 3rd trimester of pregnancy.

Date	Breakfast	Lunch	Dinner	Snacks
03/09/15	<ul style="list-style-type: none"> <li>■ 1 cup 1% milk</li> <li>■ 1 cup Apple Jacks Cereal</li> <li>■ 2 regular slice Bread, 100% whole wheat</li> <li>■ 2 pat (teaspoon) Butter, stick, unsalted</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 cup, shredded Cheddar cheese</li> <li>■ 4 ounce (about 20 chips) Tortilla chips, lowfat, unsalted</li> <li>■ 3 cup (8 fl oz) Water, tap</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 ounce(s) cooked, no bone Beef, pot roast, braised or boiled, lean only eaten</li> <li>■ 1 cup Broccoli casserole (broccoli, noodles, cream sauce)</li> <li>■ 5 baby carrot(s) Carrot, baby</li> <li>■ 2 cup Mashed potatoes, with milk and margarine or butter</li> <li>■ 4 large slice (1/4" thick) Onion, fresh, cooked (no salt or fat added)</li> <li>■ 4 small (2" square, 2" high) Roll, white, soft</li> <li>■ 4 cup (8 fl oz) Water, tap</li> </ul>	<ul style="list-style-type: none"> <li>■ 1 pouch (0.9 oz) Fruit snacks, high vitamin C (Welch's Fruit Snacks, Brach's Hi-C Fruit Snacks)</li> <li>■ 1 bar (1.2 oz) Granola bar with nuts, chocolate-coated (Kudos Crunchy Nut Snack)</li> </ul>