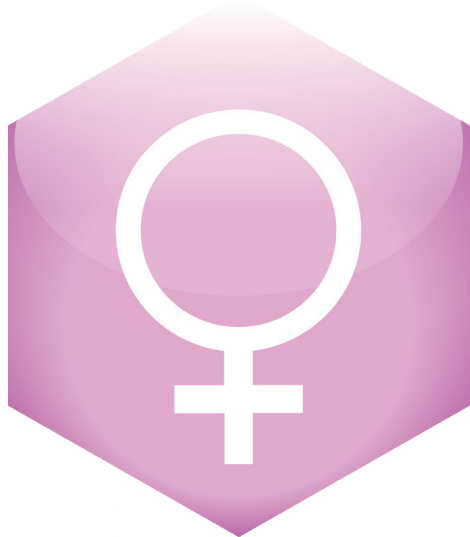


THE MOTHER'S PRENATAL GUIDE

HEALTHY MOTHER, HEALTHY BABY



**WHOLE BODY HEALTH PROGRAM
FOR YOU AND YOUR BABY.**



Seven-Day Meal Plan

Based on 2000 Calories Per Day
(other calorie range options available in complete plan)



How it Works

Throughout the 7 days, I have included certain foods that are especially important during pregnancy. All these recipes work together synergistically to provide the best outcome for you and your baby.

I designed this program to be tailored to your specific needs as an expecting mom. In the complete version, before you begin cooking, you will determine the number of calories you need each day using the calculation table. Each calorie level is broken down into trimesters, that way you know how many calories you need each step of your pregnancy! In this version, it is based on 2000 calories per day.

Each day has 3 meals and 2-3 snacks per day. This will provide not only the correct amount of calories but the right balance from each food group. Each day includes 150-300 discretionary calories of your choice that you can add to any meal or snack, depending on your trimester.

Remember, it is important to listen to your body. Follow your weight gain, and adjust how much you eat if needed. If you are gaining too much weight, eat smaller servings. If you aren't gaining enough weight, increase your servings. Your physician can help you track your weight and will let you know if you are gaining too much or too little.

By downloading this 7-day program, you receive:

- a detailed meal plan with 3 meals and 2-3 snacks each day
- a comprehensive shopping list with everything you will need for meals
- a whole body exercise program designed to support your body during pregnancy

DISCRETIONARY CALORIES		
First Trimester	Second Trimester	Third Trimester
150-200 kcal	200-250 kcal	250-300 kcal



Heidi's 7-Day Prenatal Meal Plan

You have a lot to plan, from scheduling ultrasounds to creating a baby budget. I designed this meal plan to be flexible and convenient. I have created this 7-Day Meal Plan that gives you a complete meal schedule for 7 days, taking all the guesswork out of your meal prep.

Day 1

Meal 1: Oatmeal & Eggs

1 cup cooked oatmeal
2 eggs, cooked any way
1 cup milk

Toppings:

½ cup any berry

Directions: Cook oatmeal according to package instructions. Once cooked, top with berries.

Snack 1:

1 apple + 1 piece of whole wheat toast + 1 tbsp. peanut butter

Meal 2: Chicken Wrap

1 chicken wrap

Recipe:

1 large whole-wheat tortilla
2oz grilled chicken
½ avocado, sliced
1 cup shredded lettuce
1 tomato, sliced
1 tbsp. cream cheese

Directions: Spread cream cheese on tortilla, fill with chicken, avocado, lettuce, and tomato. Wrap up tortilla.

Servings: 1

Serving size: 1 wrap

Snack 2:

½ cup carrots + 8 pita chips + 2 tbsp. hummus

Meal 3: Chicken Kabobs

4 chicken kabobs
½ c brown rice

Recipe:

4oz grilled chicken, cut into 1-inch cubes
½ cup bell peppers, cut into 1-inch strips
½ cup red onions, cut into 1-inch strips
½ cup pineapple, cut into 1-inch cubes

Marinade:

½ olive oil
3 tbsp. low sodium soy sauce
2 cloves garlic, minced
1 tsp. lemon juice
¼ tsp. black pepper

Directions: Mix marinade ingredients together. Add chicken, and refrigerate for 30 minutes. Add chicken, peppers, red onions, and pineapple to skewers and grill for 8-12 minutes until chicken is done.

Servings: 1

Serving size: 4 kabobs

Snack 3:

(2nd and 3rd trimesters) 6oz Greek yogurt + 2 tbsp. granola + ½ cup berries



Chicken Kabobs

Day 2

Meal 1: Veggie Breakfast Burrito

1 breakfast burrito
1 cup milk

Recipe:

2 large eggs
1 whole-wheat tortilla
1 cup chopped veggies (peppers, tomatoes, spinach, mushrooms, onions, etc.)
1 tsp. canola oil

Directions: Add oil and veggies to skillet. Cook 4-5 minutes over medium heat, stirring occasionally until tender. Beat eggs together. Add egg mixture, and cook until mixture has set. Spoon into tortilla.

Servings: 1

Serving size: 1 breakfast burrito

Snack 1:

6 whole wheat crackers + ½ cup cottage cheese + 1 peach

Meal 2: Spaghetti & Meatballs

¾ cup cooked spaghetti
½ cup marinara sauce
3 1-oz meatballs
1 cup roasted veggies

Meatballs:

1lb ground beef
¼ cup Parmesan cheese
½ c Italian breadcrumbs
2 tbsp. garlic, minced
2 tsp. salt
1 tsp. black pepper
½ cup milk
1 tsp. oregano
2 tsp. parsley

Directions: Preheat oven to 350F. Mix all meatball ingredients together in a large bowl. Shape the mixture into balls, and place on a greased foil-lined baking sheet. Bake for about 25 minutes or until cooked through.

Spaghetti servings: 1

Serving size: ¾ cup cooked spaghetti

Meatball servings: 5

Serving size: 3 1-oz meatballs

Snack 2:

2 tbsp. almonds + 1 peach

Meal 3: Cilantro Lime Salmon

4oz Salmon
¾ cup cooked quinoa
1 cup any veggies

Recipe:

1lb salmon fillets

Marinade:

1 bunch of cilantro finely chopped
½ cup olive oil
¾ cup lime juice
3 tbsp. sugar

Directions: Mix marinade ingredients together, and let salmon marinate for at least ½ hour before grilling.

Servings: 4

Serving size: 4oz fillet

Snack 3:

(2nd and 3rd trimesters) 3 cups popcorn + 1 tbsp. Parmesan Cheese



Veggie Breakfast Burrito

Day 3

Meal 1: Breakfast Sandwich

1 breakfast sandwich
1 cup 1% or 2% milk
1 banana

Recipe:

1 whole wheat English muffin
1 slice ham
1 egg, scrambled

Directions: *Toast English muffin. Heat ham in microwave until steaming. Top English muffin with ham and egg.*

Snack 1:

1 string cheese + 1 cup grapes + 6 whole wheat crackers

Meal 2: Black Bean Quesadilla

1 quesadilla

Recipe:

2 whole wheat tortillas
½ cup black beans
½ cup shredded cheddar cheese
¼ cup salsa
2 tbsp. sour cream

Directions: *Top 1 tortilla with black beans and cheese, and cover with second tortilla. Cook together on stovetop or in the microwave until cheese is melted. Cut, into slices. Top with salsa and sour cream.*

Servings: 1

Serving size: 1 quesadilla

Snack 2: Smoothie

Recipe:

1 cup milk
1 cup spinach or kale
½ banana
1 cup mangos or strawberries, sliced
½ cup ice

Directions: *Blend together until smooth.*

Meal 3: Pork Tenderloin Dish

3oz pork tenderloin
½ cup mashed potatoes and gravy
1 side salad
1 whole wheat roll

Recipe:

1lb pork tenderloin

Salad:

2 cups red or green leafed lettuce
½ cup tomatoes
½ cup cucumber
2 tbsp. vinaigrette dressing

Tenderloin Rub:

1 tsp. dried rosemary
1 tsp. dried thyme
1 tsp. dried basil
¼ tsp. garlic powder
¼ tsp. salt
1 tsp. black pepper
1 tbsp. grated Parmesan cheese

Directions: *Mix all tenderloin rub ingredients together. Rub onto all surfaces of a 1lb pork tenderloin. Cook at 350F for 20-25 minutes or until internal temperature reaches 145F. For salad, mix lettuce, tomatoes, and cucumber together and then add dressing.*

Pork servings: 5

Serving size: 3oz pork tenderloin

Salad servings: 1

Serving size: 1 salad

Snack 3:

(2nd and 3rd trimesters) 1 string cheese or 1oz cheddar cheese + 6 whole wheat crackers



String cheese, grapes, and whole wheat crackers

Day 4

Meal 1: Waffles

1 whole grain waffle (i.e. Kodiak cake mix)
1 tsp. butter
1 tbsp. maple syrup
½ cup any berries
1 cup milk

Toppings:

1 tsp. butter
1 tbsp. maple syrup
½ cup any berries

Directions: Follow directions on waffle mix to cook waffles. Once cooked, top waffle with butter, syrup, and berries.

Servings: 1

Serving size: 1 waffle

Snack 1:

1 hard boiled egg + 1 apple

Meal 2: Chicken Salad Sandwich

1 sandwich
½ cup carrots

Recipe:

2 slices whole wheat bread
2.5oz canned chicken
1 tbsp. mayo
¼ cup sliced grapes
¼ cup celery, chopped
Lettuce

Directions: Mix together chicken, mayo, grapes, and celery. Top bread with lettuce and chicken mixture.

Servings: 1

Serving size: 1 sandwich

Snack 2:

2 celery stalks + 2 tbsp. peanut butter

Meal 3: Fajitas

2 fajitas

Recipe:

2 whole wheat tortillas
3oz steak, cut into ½ inch strips
½ cup red bell pepper, sliced
½ cup green bell pepper, sliced
½ cup onion, sliced

Toppings:

2 tbsp. guacamole

Steak Sauce:

1 tbsp. olive oil
1 tbsp. lime juice
1 clove garlic, minced
¼ tsp. chili powder
½ tsp. cumin
¼ tsp. black pepper
¼ tsp. salt

Directions: Mix together all sauce ingredients. Add steak strips to mixture and, set aside. Heat 1 tbsp. olive oil in a skillet over medium heat. Add peppers and onions and cook, stirring for 3-4 minutes. Add steak to skillet, and cook for an additional 3-4 minutes. Spoon into tortillas, and top with guacamole.

Servings: 1

Serving size: 2 fajitas

Snack 3:

(2nd and 3rd trimesters) Butternut Squash Soup
1 cup butternut squash soup
1 whole wheat roll

Recipe:

1 medium butternut squash
1 tbsp. olive oil
1 cup water
1 carrot, chopped
1 onion, sliced
1/8 tsp thyme
¼ tsp. salt
1/8 tsp. black pepper
2 (14.5oz) cans of chicken stock

Directions: Preheat oven to 400F. Cut butternut squash in half, and remove seeds. Brush squash with ½ tbsp. olive oil, and place flesh-side down in a pan with ¼ cup water and bake for ~60 minutes.

While the squash is baking, add carrot, onion, and ½ tbsp. olive oil in a large pot and cook for 3-4 minutes. Next, add thyme, salt, and pepper, and cook another 3 minutes. Add mixture to food processor or blender, and blend until smooth. Return to large pot, and add 1 can of chicken stock, and bring to a simmer. Remove squash from oven, and scoop out flesh. Add to food processor or blender with 1 can of chicken stock, and blend until smooth. Add to large pot, and simmer with vegetable mixture for 2-3 minutes.

Servings: ~6

Serving size: 1 cup

Day 5

Meal 1: Strawberry Banana Smoothie & Toast

2 pieces of whole-wheat toast w/ 2 tsp. butter
1 smoothie
2 eggs, cooked any way

Recipe:

½ banana
½ cup strawberries
1 cup milk
1 cup spinach or kale (optional)

Directions: Blend together milk, strawberries, and bananas. Add a cup of spinach or kale for some extra nutrients.

Servings: 1

Serving size: 1 smoothie

Snack 1:

½ cup cucumbers or celery + 8 pita chips + 2 tbsp. hummus

Meal 2: BBQ Chop Chicken Salad

1 salad

Recipe:

3oz grilled chicken breast
2 cups romaine or dark lettuce
½ cup sliced tomatoes
½ cup black beans
½ cup corn
¼ cup cilantro
1 tbsp. ranch or creamy dressing
1 tbsp. BBQ sauce (optional)

Directions: Combine all ingredients together in a medium bowl.

Servings: 1

Serving size: 1 salad

Snack 2:

6oz Greek yogurt + ½ cup berries + 2 tbsp. granola



Greek yogurt, berries, and granola

Meal 3: Pork Tacos

3 tacos

Recipe:

1lb pork tenderloin
3 corn tortillas
12oz jar salsa

Toppings:

¼ avocado
1 cup shredded lettuce
2 tbsp. shredded cheddar cheese
¼ cup salsa

Directions: Add 1lb pork tenderloin and one 12oz jar of salsa to a crockpot, and cook on low for 6 hours. Shred pork, add to tortillas, and top with avocado, lettuce, cheese, and salsa.

Servings: 4

Serving size: 3 tacos

Snack 3:

(2nd and 3rd trimesters) Minestrone soup
1 cup minestrone soup
1 whole wheat roll

Recipe:

½lb sausage, cooked and drained
1 medium onion, chopped
2 carrots, sliced
2 stalks celery, chopped
2 cloves garlic, minced
2 cans (15oz) crushed tomatoes
2 cans (8oz) tomato sauce
1 tsp. basil
1 tsp. oregano
1 tbsp. parsley
2 cups beef broth
1 (16oz) can garbanzo beans, drained
1 (16oz) can green beans, drained
1 cup macaroni

Directions: Mix all ingredients (except for garbanzo beans, green beans, and macaroni) together in large pot, and let simmer for two hours. After two hours, add garbanzo beans, green beans, and macaroni. Bring to a boil and cook until macaroni is tender.

Servings: ~12

Serving size: 1 cup

Day 6

Meal 1: Oatmeal Cottage Cheese Pancakes

3 pancakes
¾ cup milk

Recipe:

½ cup oatmeal
½ cup cottage cheese
2 eggs
½ tsp. vanilla

Toppings:

½ cup sliced strawberries
1 tbsp. maple syrup

Directions: Blend together oatmeal, cottage cheese, eggs, and vanilla to form a batter. Cook on a griddle over medium heat. Top with strawberries and maple syrup.

Servings: 1

Serving size: 3 pancakes

Snack 1:

1 banana + 1 tbsp. peanut/almond butter

Meal 2: Chicken Tortilla Soup

1 ¼ cups soup
½ avocado

Recipe:

2 tbsp. canola oil
1 onion, chopped
2 stalks celery, chopped
2 carrots, chopped
3 cloves garlic, minced
1-2 jalapenos, finely chopped
6 cups low-sodium chicken broth
1 can diced tomatoes
1 can black beans, rinsed and drained
1 cup frozen corn
1 (4oz) can diced green chilies
2 tbsp. cumin
2 tbsp. chili powder
12 oz. cooked chicken breast, diced
1 cup cilantro, chopped

Directions: In a large pot, heat canola oil, and add onion, carrot, and celery, and cook for 2-3 minutes. Add garlic and jalapenos. and cook an additional 2 minutes. Add chicken broth, tomatoes, beans, corn, green chilies, cumin, and chili powder, and bring to a boil. Lower heat, and add chicken. Top with fresh cilantro.

Servings: 6

Serving size: 1 ¼ cup soup

Snack 2:

½ grilled cheese sandwich + 1 apple

Meal 3: Basil Garlic Salmon

4oz Salmon
¾ cup cooked quinoa
1 cup roasted zucchini in ½ tbsp. olive oil

Salmon:

2- 4oz salmon fillets
2 tsp. garlic powder
2 tbsp. dried basil
¼ tsp. salt
1 tbsp. butter
Lemon juice

Quinoa:

1 cup cooked quinoa
2 tbsp toasted and sliced almonds
2 tbsp golden raisins

Directions: Mix together garlic powder, basil, and salt, and rub onto salmon fillets. Heat 1 tbsp. butter in a skillet, and cook salmon for 5 minutes on each side or until browned and flaky. Drizzle with fresh lemon juice.

For quinoa, stir almonds and raisins into cooked quinoa

Servings: 2

Serving size: one 4oz fillet

Quinoa serving size: ¾ cup

Snack 3:

(2nd and 3rd trimesters) 1 cup multigrain cereal + 1 cup milk + ½ sliced banana



Oatmeal Cottage Cheese Pancakes

Day 7

Meal 1: Overnight Oats

Recipe:

½ cup dry oats
½ cup milk
½ banana
2 tbsp. walnuts
Cinnamon

Directions: Mix together oats and milk. Add to a mason jar, and top with banana and walnuts, then sprinkle with cinnamon. Place in refrigerator overnight, and eat cold in the morning.

Servings: 1

Serving size: 1 jar

Snack 1:

1 cup cantaloupe + ½ cup cottage cheese

Meal 2: Taco Salad

1 salad

Recipe:

2 cups leafy greens
½ cup canned black beans
½ cup cooked brown rice
¼ avocado
¼ cup corn
¼ cup salsa
2 tbsp. creamy dressing (see below for ingredients)

Dressing:

1 package dry ranch mix
1 cup buttermilk
1 cup mayo
2 tomatillos
1 clove of garlic, minced
½ cup cilantro, chopped
1 tsp. lime juice
½ small jalapeno, seeded

Directions: To make dressing, blend all ingredients together, and store in refrigerator before you make your taco salad. To make taco salad, simply combine all ingredients together in a medium bowl including the dressing.

Servings: 1

Serving size: 1 salad

Snack 2:

2 eggs, scrambled + 1 slice whole wheat toast + 1 tsp. butter

Meal 3: Oven-Roasted Herb Chicken

4oz chicken breast
1 baked sweet potato w/ 1 tsp. butter
1 cup roasted broccoli and/or cauliflower
1 cup milk

Recipe:

Sweet Potato:

2 sweet potatoes
1 tsp. butter

Chicken:

1lb chicken breast
½ tbsp. olive oil
½ tsp. parsley flakes
½ tsp. basil
½ tsp. seasoned salt
½ tsp. garlic powder
½ tsp. pepper

Broccoli:

2 cups broccoli, trimmed
1 tbsp. olive oil
1 clove garlic, minced
¼ tsp. salt
2 tbsp. parmesan cheese
1 tbsp. lemon juice

Directions: For sweet potato, preheat oven to 400F. Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet lined with tin foil. Bake for ~45 minutes or until tender.

For chicken, keep oven at 400F. Mix together parsley flakes, basil, seasoned salt, garlic powder, and pepper. Brush chicken with olive oil and sprinkle both sides with the seasonings mixture. Place in greased baking dish, and bake for 25-35 minutes.

For broccoli, keep oven at 400F. Mix broccoli in bowl with olive oil, salt, and garlic. Put on baking sheet, and bake for 15 minutes. Sprinkle with parmesan cheese, and bake for another 2-3 minutes. Remove from oven, and top with lemon juice.

Chicken servings: 4

Serving size: 4oz chicken

Sweet Potato servings: 2

Serving size: 1 sweet potato

Broccoli servings: 2

Serving size: 1 cup

Snack 3:

(2nd and 3rd trimesters) 1 slice whole wheat bread + 1 apple + 1 tbsp. peanut butter

Shopping List for 7-Day Condensed Program

(Includes all ingredients for each recipe which often serves more than 1. Also includes many items you may already have in your pantry or have purchased previously)

Grains:

1 loaf whole wheat bread (10 slices)
Whole wheat roll (2)
Whole wheat English muffin (1)
1 small container oatmeal
1lb brown rice
1lb bag quinoa
1 box whole wheat spaghetti
1 bag macaroni noodles
1 small bag granola
1 package whole wheat tortillas (6)
1 box Triscuits
1 bag pita chips
Popcorn Kernels
1 package Kodiak (or other whole grain pancake mix)
1 box multigrain cereal
1 small package corn tortillas (3)

Fruits:

2 cups of any berries
4 apples
1.5 cups grapes
2 peaches
4 bananas
2.5 cups strawberries
1 small container lemon juice
1 small container lime juice

Veggies:

8 cups leafy greens
3 avocados
1 bag frozen corn
2 tomatillos
1 garlic bulb
2 cilantro bunches
1 jalapeno
1lb carrots
3 bell peppers
1 red onion
3 onions
1 pineapple
1 celery bunch
1 cup spinach
1 potato
4 tomatoes
1 cucumber
1 zucchini
1 butternut squash
1 broccoli bunch
1 sweet potato
2 cans crushed tomatoes
2 cans tomato sauce
1 can garbanzo beans
1 can green beans
2 cans black beans
2 small jars of salsa
1 jar marinara sauce
3 cups of any veggie

Proteins:

1 dozen eggs
Peanut butter
8oz salmon
2oz ground beef
1lb chicken
½lb sausage
1 slice ham
1 ¼lbs pork tenderloin
1 can canned chicken
4oz of steak
2 tbsp. walnuts
2 tbsp. walnuts

Dairy:

6oz cheddar cheese
1 cup buttermilk
¾ gallon milk
Greek yogurt (4)
2 string cheese
1 container grated parmesan cheese
8oz cream cheese
2 tbsp. sour cream
2 tbsp. cream cheese
2 tbsp. ricotta cheese

Miscellaneous:

1 package dry ranch mix
8oz mayo
Hummus
Olive oil
Canola oil
Butter
Sugar
Black pepper
Soy sauce
Basil
Oregano
Parsley
Rosemary
Thyme
Cumin
Chili Powder
Garlic Powder
Cinnamon
Salt
Vanilla
1 can beef broth
Gravy mix
Vinaigrette dressing
Ranch dressing
Maple syrup
2 cans chicken stock

Introducing Forté Prenatal+

advanced prenatal care

When you have your first appointment with your OBGYN, he/she will tell you to start a prenatal supplement immediately. It is important to understand that not all prenatal supplements are the same. Many prenatal supplements provide an inadequate supply of the necessary nutrients for pregnant women.

You may be tempted by one-a-day pills. But ask yourself: can they really fit everything my baby and I need into one pill? Even if that were possible, that is probably not what most prenatal brands fill their pills with. Many prenatal supplements contain filler ingredients and use cheap forms of nutrients. Nutrients that are of poor quality or are synthetic take your body longer to absorb. You and your baby need those nutrients now!



If you have already chosen a prenatal, ask yourself three questions:

1. Does my prenatal only contain quality and non-synthetic ingredients?
2. Does my prenatal contain the proper doses of each ingredient?
3. Is the purpose of my prenatal to support the healthiest pregnancy for me and my baby?

Most likely, you won't be able to answer yes to each of those questions. However, you are not out of options. You need a prenatal supplement that lets you comfortably answer "Yes". Forté Prenatal+ is that supplement. Forté Prenatal+ contains all the required nutrients for a healthy, happy pregnancy. Each ingredient comes in the proper dose to help protect against complications and risks.

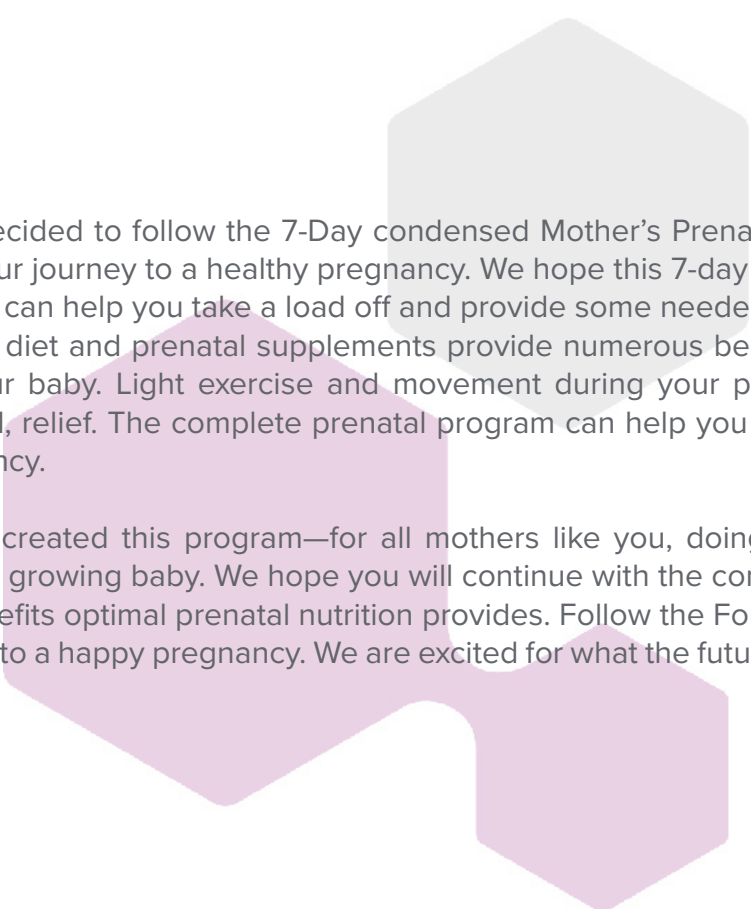
Here is an example:

Calcium and magnesium are essential during your pregnancy. Research shows that these two nutrients can significantly reduce your risk of preeclampsia. Preeclampsia is characterized by high blood pressure, which restricts blood flow to your organs. Preeclampsia can cause preterm delivery, potentially leading to major adverse effects on your baby.

To reduce the risk of preeclampsia, your prenatal should contain 1,000mg of calcium and 350-400mg of magnesium. However, most prenatal supplements only contain 250-350mg of calcium and less than 350mg of magnesium. To have any impact on your risk of preeclampsia, your prenatal needs to contain the correct amounts of these nutrients.

Thankfully, Forté Prenatal+ does! And above was just one example. Each nutrient included in this product is in the needed dosage, as mandated by current research. Forté's purpose is to provide you and your baby with every nutrient you need for a healthy pregnancy. As you continue along in this program and throughout your whole pregnancy, do not make your prenatal supplement an afterthought. Be proactive about your prenatal nutrition with the help of Forté Prenatal+. With Forté, you can get the nutritional support you and your baby need.

Thank You



We are so happy you decided to follow the 7-Day condensed Mother's Prenatal Guide. Thank you for letting us be a part of your journey to a healthy pregnancy. We hope this 7-day guide gave you taste for how the complete guide can help you take a load off and provide some needed stress relief. Nutritional support through healthy diet and prenatal supplements provide numerous benefits to your health and the development of your baby. Light exercise and movement during your pregnant months provide physical, even emotional, relief. The complete prenatal program can help you feel more confident and safe during your pregnancy.

You are the reason we created this program—for all mothers like you, doing everything you can to nourish and protect your growing baby. We hope you will continue with the complete Mother's Prenatal Guide, and reap the benefits optimal prenatal nutrition provides. Follow the Forté Women's Health Blog for more tips and guides to a happy pregnancy. We are excited for what the future holds for you and your baby!



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