

# FULL TERM

a cookbook for mommy-to-be



*Forté Elements - 9 recipes*

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# Breakfast Recipes

Breakfast is the most important meal of the day—or so the saying goes. Especially while you are pregnant, you should use breakfast to get a jumpstart on your nutrition for the day. Now, eating a full, nutritious breakfast can be difficult sometimes; morning sickness can make you not even want to think about food. And sometimes, eating a full breakfast will be easy because you are starving ALL THE TIME. Whatever the case, eating a well-balanced breakfast should be an everyday habit while you are pregnant.

Starting off your day right doesn't have to be time-consuming. If you are in a rush, whip up a quick smoothie or some oatmeal. Or, if you are feeling like you can do more, make a veggie-filled omelet or waffles! If you can, try to mix it up every now and then. Get your vitamins by eating a fruit bowl one morning and get your protein by eating scrambled eggs the next. And of course, eat what sounds good to you!

Your energy levels may be low during pregnancy—and they will for sure lower when your baby arrives! The sooner you get into a healthy breakfast routine, the better.

SERVINGS: 1

Serving Size: 2 slices

Recipe calories: 370kcal

**Recipe:**

2 slices of whole wheat bread  
1 egg  
1/4 cup milk  
1/2 tsp vanilla  
dash of cinnamon

**Sauce:**

1/4 cup vanilla yogurt  
1tbsp apricot jam  
1/2 tsp orange zest

**Toppings:**

1/2 cup blueberries



## FRENCH TOAST WITH CREAMY APRICOT SAUCE

*Feel free to change up the yogurt and jam flavors so you can make it exactly how you want it to suit any cravings or aversions you may have!*

1. Mix together egg, milk, vanilla and cinnamon.
2. Dip bread in mixture and cook on a hot griddle until golden.
3. Blend sauce ingredients in a blender until it is well combined.
4. Serve over warm French toast and top with blueberries.
5. Enjoy the sweet taste of your grandmothers comfort breakfast.

” All of these moms are on Pinterest making their own soap and reindeer-shaped treats, and I'm like "I took a shower and kept the kids alive.

- Someone Special

SERVINGS: 3

Serving Size: 1 cup

Recipe calories: 360kcal

**Recipe:**

1 cup steel-cut oats  
 1/4 tsp salt  
 2 tbsp milk  
 1 tsp vanilla  
 1 1/2 bananas, sliced 1/4 inch thick on the diagonal  
 2 tbsp brown sugar  
 1/3 cup pecans, chopped and toasted

## BAKED BANANA PECAN OATS



What is better than bananas, pecans, and oats?  
 BAKING THEM ALL TOGETHER

1. In a medium pot, boil 3 1/2 cups of water. Stir in oats and salt and cook for 1 minute.
2. Let cool, cover, and refrigerate overnight. In the morning bring oatmeal to a simmer over medium heat. Cook until tender, about 10 minutes.
3. Stir in milk and vanilla
4. Transfer to a 9 inch pie plate. Heat broiler on low.
5. Top oatmeal with bananas and brown sugar and broil for 3-4 minutes until the bananas are caramelized.
6. Sprinkle pecans and shovel this delicious treat down.

# EARLY MORNING VEGGIE BREAKFAST BURRITO



Customizable meals are the best kind of meals. So if you love peppers, add a bunch of peppers and if you don't like spinach, then choose another veggie that you like. This is especially helpful when you are pregnant and are really craving one food or another.

1. Add oil and veggies to skillet. Cook 4-5 minutes over medium heat, stirring occasionally until tender.
2. Beat eggs together. Add mixed eggs and cook until mixture has set.
3. Top with cheese and spoon into whole-wheat tortilla.
4. If you need an extra kick to your mix, spoon 2 tbsp of your favorite salsa into your early morning veggie breakfast burrito

”  
If you've lost your  
appetite today, I think  
I have it.

- Just about every  
pregnant woman ever

SERVINGS: 1

Serving Size: 1 burrito

Recipe calories: 320kcal

**Recipe:**

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

# Lunch Recipes

Lunch can be a tricky meal while pregnant. If you are a sandwich lover, you will be advised to generally stay away from lunch meat. But, never skip lunch just because you don't know what to eat! Your lunchtime meal doesn't have to be a huge meal. In fact, if you suffer from nausea, eating smaller, more frequent meals throughout the day can help.

So, what should you eat for lunch while pregnant? Luckily, there are more options than you think.

The main thing to avoid is eating empty calories. Lunch is an easy meal to snack away. Instead, throw together a fruit salad and a grilled cheese sandwich. Or make a bowl of soup. Or make yourself a personal baked potato bar. And if you do want a sandwich, try a chicken salad sandwich. Another great lunch option is dinner leftovers. Simply cook extra the night before and heat it up the next day—easy peasy. If you have a hard time coming up with healthy, filling lunch options, check out the following recipes!



**SERVINGS: 1****Serving Size: 1 bowl**

Recipe calories: 530kcal

**Recipe:****Quinoa bowl:****3/4 cup cooked quinoa****1/2 cup black beans****1 tomato, chopped****2 tbsp chopped cilantro****1/2 avocado, sliced****Dressing:****1 tbsp lime juice****1 tsp lime zest****1 tbsp olive oil****1 tbsp white wine vinegar****1/2 clove garlic, minced or pressed**

# QUINOA BLACK BEAN BOWL

*Did you know that canned beans, especially black beans, are one of the most nutritious foods in the grocery store? This meal is a great way to pack in many of the nutrients you need in your prenatal diet.*

1. Stir quinoa, black beans, tomato and cilantro together in bowl.
2. Add dressing ingredients in a separate container and shake until well mixed.
3. Add dressing to bowl and stir.
4. Top with avocado and salt and pepper to taste.
5. Top with avocado and salt and pepper to taste.





## CRISPY CHICKPEA WRAP

*You may have tried a crispy chicken wrap but have you ever tried a crispy chickpea wrap? If you haven't, today is your day.*

1. Over medium high heat, heat 1 tsp oil in skillet and add chickpeas cooking for 5 minutes or until slightly browned, stirring occasionally.
2. Remove from heat. Add lemon juice, parsley, and salt and pepper to taste, and toss.
3. Spread hummus on flat bread.
4. Top with chickpea mixture, onion, tomato and yogurt.

”  
There is no way to be a perfect mother and a million ways to be a good one.

- Jill Churchill

**SERVINGS: 3**

**Serving Size: 1 wrap**

Recipe calories: 455kcal

**Recipe:**

1/2 cup chickpeas  
1 tsp olive oil  
1 tbsp fresh parsley, chopped  
1 tbsp lemon juice  
Salt and pepper to taste  
1 whole wheat flat bread or pita  
1 tomato  
1/4 cup hummus  
2 tbsp plain yogurt



# PULLED PORK SANDY

*Guaranteed to be a family favorite.*

1. Add ingredients to crock pot and cook on low for 4-6 hours.
2. Shred pork and add your favorite BBQ sauce to taste. Don't worry, we have already accounted for your bbq sauce calories. :)
3. Top on rolls and feast.

*Tip: Feel free to add pickles and onions but be aware of the additional calories that they will add.*

**SERVINGS: 8**

**Serving Size: 1 sandwich**

Recipe calories: 380kcal  
1 cup veggies calories:  
~30kcal

**Recipe:**  
1 lb pork tenderloin  
1 can beef broth  
8 ciabatta or dinner rolls

# Dinner Recipes

We wish every meal of the day could be like dinner—there are so many options! However, healthy dinners can require a lot of planning and meal prep. Instead of trying to get dinner prepared right before dinnertime, choose a day during the week as your meal prep day. You can easily freeze entire meals, or you can simply gather the needed ingredients for future meals, chop the veggies, mix the spices, etc. and cook the meal later.

Dinner is an easily customizable meal. If you are dining alone, you can easily eat your fill of these meals and save the rest for later. If you have a whole family to feed, these meals can easily be doubled. And dinners usually include more than just the main dish—add a salad, a side of green beans, or a warm batch of rolls. Whatever suits your pregnancy cravings! We are sure one of these meals will hit the spot.



# ROASTED CHICKEN DAL

*If you are a fan of rotisserie chicken, this recipe will be right up your alley.*

1. Heat oil in a large skillet. Add onion and cook for 3-4 minutes. Add curry powder, stirring with onion for 30 seconds.
2. Stir in lentils, tomatoes, chicken and salt and cook until heated through
3. Remove from heat and stir in yogurt.

SERVINGS: 4

Serving Size: ~1.5 cups

Recipe calories: 355kcal

#### Recipe:

1 tsp canola oil  
 1 onion, minced  
 2 tsp curry powder  
 2 cups cooked lentils  
 1 can (14.5oz) diced tomatoes  
 1 lb rotisserie chicken  
 1/4 tsp salt  
 1/4 cup plain yogurt

SERVINGS: 2

Serving Size: ~2 cups

Recipe calories: 370kcal

**Recipe:**

1 tsp canola oil  
 8oz chicken breast cut into 1/2 inch strips  
 1 cup onion, chopped  
 1/2 cup red bell pepper, chopped  
 1 cup instant brown rice  
 2 tbsp lemon juice  
 1/8 tsp salt  
 1/8 tsp pepper  
 1 cup chicken broth  
 1 can (14oz) artichoke hearts, drained  
 2 tbsp grated Romano or Parmesan cheese



## LEMON CHICKEN & RICE WITH ARTICHOKE

*Did you know that protein needs increase by about 25gm/d during pregnancy? Firing up some chicken is a great way to get what you and your baby need.*

1. Add oil, chicken, onion and pepper to a large skillet over medium heat and sauté for 5 minutes.
2. Stir in rice, lemon juice, salt, pepper, and broth and bring to a boil. Cover, reduce heat, and simmer 15 minutes.
3. Stir in artichoke hearts and cook for 1 more minute or until heated. Sprinkle with cheese.

# SLOW COOKED PORK TACOS

SERVINGS: 4

Serving Size: 3 Tacos

Recipe with toppings  
calories: 425kcal

**Recipe:**

1lb pork tenderloin  
1 12oz jar salsa  
12 corn tortillas

**Toppings:**

1/4 avocado  
1 cup shredded lettuce  
2 tbsp shredded cheddar  
cheese  
1/4 cup salsa



*Who doesn't love taco Tuesday*

1. Add pork tenderloin and jar of salsa to a crock-pot and cook on low for 6 hours.
2. Shred pork, add to warmed tortillas and top with avocado, lettuce, cheese and salsa.
3. Yes it was that easy!

# Introducing Forté Elements

## *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.





*Prepare*



*Recover*



*Revitalize*

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