

# Easy & Nourishing Recipes for Each Trimester

Real food, real nutrients, real simple.

 by Emily Stone

# Easy & Nourishing Recipes for Each Trimester

**Real food, real nutrients, real simple.**

Pregnancy nutrition doesn't have to be complicated. These trimester-specific recipes focus on *what your baby needs most—and what your body is craving*. Each recipe is easy to prepare, filled with whole foods, and designed to support you through the changes of each stage.



# First Trimester

**Focus:** Folate, Vitamin B6, Iron, and gentle digestion

You may feel nauseous or exhausted—so we kept it light and simple.



## Ginger Banana Smoothie

*Key Nutrients:* Vitamin B6 (banana), ginger for nausea, calcium (yogurt) → [View Recipe](#)



## Carrot Red Lentil and Spinach Soup

*Key Nutrients:* Folate, Iron, Fiber → [View Recipe](#)



## Avocado Toast with Hemp Seeds and Lemon

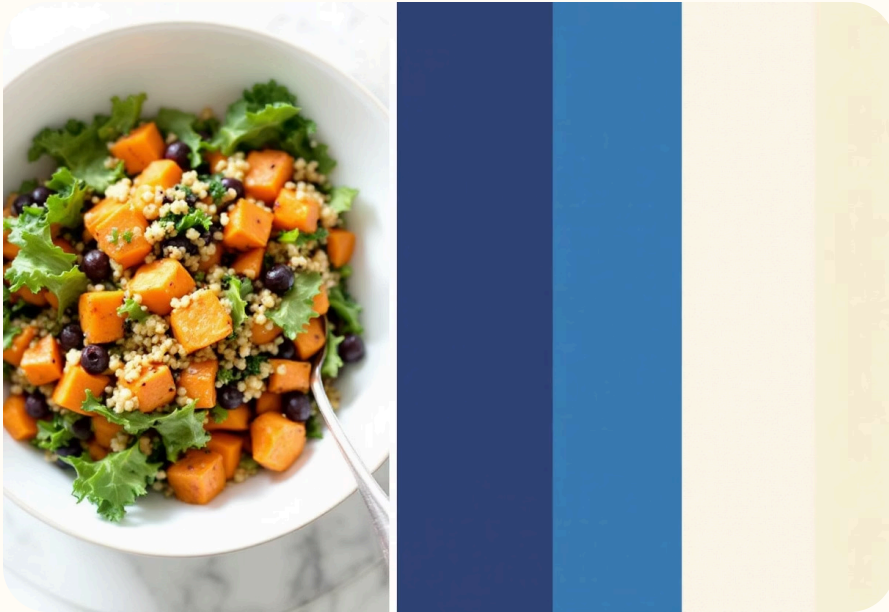
*Key Nutrients:* Healthy fats, folate, omega-3s → [View Recipe](#)

 *Pro tip:* Keep snacks like trail mix or apples & almond butter on hand for blood sugar dips.

# Second Trimester

**Focus:** Calcium, Iron, Protein, Omega-3s, Fiber

Now that appetite and energy are often better, it's a great time to build baby's bones and brain.



## Quinoa Salad with Roasted Sweet Potato, Kale & Pesto

*Key Nutrients:* Magnesium, Vitamin C, Iron → [View Recipe](#)



## Turkey & Spinach Meatballs

*Key Nutrients:* Iron, Protein, Folate → [View Recipe](#)



## Blueberry Chia Pudding

*Key Nutrients:* Calcium, Omega-3s, Antioxidants → [View Recipe](#)



*Pro tip:* Add a magnesium-rich mocktail at night to help with sleep and leg cramps.

# Third Trimester

**Focus:** Healthy fats, protein, Vitamin K, Iron, Hydration

Your body is building baby fat and preparing for birth—let's fuel up!



## Freezer Friendly Egg & Veggie Breakfast Burritos

*Key Nutrients:* Protein, Iron, Choline, Vitamin K → [View Recipe](#)



## Coconut Lime Chicken & Broccoli

*Key Nutrients:* Protein, Healthy fat, Fiber, Iron → [View Recipe](#)



## Banana Almond Butter & Date Smoothie

*Key Nutrients:* Natural sugars for labor prep, Iron, Potassium → [View Recipe](#)



*Pro tip:* Start eating 4–6 dates/day in the final month—they may help with cervical ripening and shorter labors!





## Bonus Tips



### Hydration

Stay hydrated with lemon-cucumber water or a herbal tea blend (like raspberry leaf in the 3rd trimester).



### Protein Boost

Add collagen powder or flax to smoothies for extra protein and fiber.



### Trust Yourself

Trust your cravings—they often signal nutrient needs.

# Join Our Community

**Want more local support for a nourishing pregnancy?** Join a Whole Mama Michigan *prenatal class* or *due date group* and meet your village.

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