




**Easy**


## AND HEALTHY MEALS FOR PREGNANT WOMEN

### Garlic-lemon salmon




Make a marinade with olive oil, garlic, pepper, salt, lemon, and parsley. Pour that on your salmon, pop it in the oven at 400°F for 10 to 12 minutes and enjoy it with rice.

### Veggie omelet




Whip up the quickest yet tastiest meal with some tomatoes, broccoli, bell peppers, spinach, cheese, and beaten eggs. Garnish with salsa and avocado, and enjoy.

### Veggie burrito bowl




Nothing beats the quickness of tossing everything into one bowl. So throw in some rice, black beans, salsa, cilantro, guacamole, cheese, and sour cream to make your bowl of healthy goodness in no time.

### Cheese plate



Try the no-cooking classic luxurious delicacy of a cheese plate with hard cheese, fruits, and nuts.

### BLT avocado sandwich



Not hungry but have a craving? Assemble your turkey bacon, tomato, lettuce, mayo, and salted avocado into a quick, tasty sandwich.