



Meal Plan

— For The —

4th Month Of Pregnancy

Breakfast



Option 1: Cereal or porridge with fresh or dried fruits, milk, and water.



Option 2: Toast with boiled eggs, fresh oranges, and water.



Lunch



Option 1: Rice with lentils, vegetables including tomatoes, yogurt, dates, and water.



Option 2: Chicken and salad sandwich, grapes, and water.



Snack



Option 1: Nuts and pineapple pieces with water.



Option 2: Milk with muffin or cake containing dried fruits.



Dinner



Option 1: Flatbread with chickpea and vegetable curry, mango slices, and water.



Option 2: Oily fish, potato pie, green beans, fruits, yogurt, and water.

