

In your first trimester you need plenty of **folate-rich** foods. We've highlighted in **green** foods that are rich in folate. You'll still need to take a folic acid supplement, even if you eat plenty of folate-rich foods.

If you're feeling queasy, foods rich in **vitamin B6** may help with morning sickness. We've highlighted in **purple** foods that are rich in vitamin B6.

Tip: keep dry crackers by your bed to nibble on if you feel queasy when you wake up

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Oatmeal made with milk (or milk alternative), berries, sliced almonds, cinnamon • Papaya 	<ul style="list-style-type: none"> • Fruit and yogurt smoothie 	<ul style="list-style-type: none"> • Avocado and roast chicken salad • Banana 	<ul style="list-style-type: none"> • Orange • Square of dark chocolate 	<ul style="list-style-type: none"> • Risotto with shrimp, peas and lemon
Tuesday	<ul style="list-style-type: none"> • Greek yoghurt, fruit and granola parfait • Glass of orange juice 	<ul style="list-style-type: none"> • 1-2 handfuls of mixed nuts and dried fruit 	<ul style="list-style-type: none"> • Tuna salad on mixed greens • Sliced apples 	<ul style="list-style-type: none"> • Wholegrain jam bar 	<ul style="list-style-type: none"> • Beef and lentil sloppy Joes • Garden salad
Wednesday	<ul style="list-style-type: none"> • Scrambled eggs and whole grain toast • Green smoothie 	<ul style="list-style-type: none"> • Apple slices with almond butter 	<ul style="list-style-type: none"> • Split pea and vegetable soup • Small bunch of grapes, slice of cheddar cheese 	<ul style="list-style-type: none"> • Slice of banana bread 	<ul style="list-style-type: none"> • Chicken enchiladas • Arugula, avocado and orange salad
Thursday	<ul style="list-style-type: none"> • Bran flakes with milk or milk alternative, berries and sliced banana • Glass of orange juice 	<ul style="list-style-type: none"> • Hard-boiled egg • Sliced cucumbers 	<ul style="list-style-type: none"> • Baked potato with salsa, shredded cheddar, avocado, green onions, sour cream or Greek yogurt • Small bunch of grapes 	<ul style="list-style-type: none"> • Mixed berry smoothie 	<ul style="list-style-type: none"> • Maple soy salmon, roasted asparagus, brown rice
Friday	<ul style="list-style-type: none"> • Sliced avocado on toast • Green or herbal tea 	<ul style="list-style-type: none"> • Rice cake with peanut butter 	<ul style="list-style-type: none"> • Quinoa salad with summer vegetables and fresh herbs • Slice of cantaloupe 	<ul style="list-style-type: none"> • Apple slices, almonds, cheddar, cheese cubes 	<ul style="list-style-type: none"> • Lamb chops with new potatoes, broccoli and green beans
Saturday	<ul style="list-style-type: none"> • French toast fingers with maple syrup • Cantaloupe and strawberries • Glass of orange juice 	<ul style="list-style-type: none"> • Banana "ice cream" 	<ul style="list-style-type: none"> • Turkey burger and sweet potato fries 	<ul style="list-style-type: none"> • Carrots and hummus 	<ul style="list-style-type: none"> • Pasta puttanesca with garlic bread and side salad
Sunday	<ul style="list-style-type: none"> • Wholegrain English muffin breakfast sandwich with egg, avocado, tomato and back bacon • Blackberries 	<ul style="list-style-type: none"> • Mixed berry smoothie 	<ul style="list-style-type: none"> • Superfood salad • Small bowl of cherries 	<ul style="list-style-type: none"> • 1-2 handfuls of mixed nuts and dried fruit 	<ul style="list-style-type: none"> • Roast chicken, roasted potatoes, peas and carrots • Apple pear crumble