

## FIRST TRIMESTER SAMPLE MEALS + RECIPES

Meals for first trimester are simple and easy to prepare, designed for days where you may not be feeling up to cooking an elaborate meal.

### CINNAMON SPICE SMOOTHIE



(Serves 2)

**Ingredients:**

- 2 cups milk of choice
- ½ pear
- ½ green apple
- 1 cup spinach
- ¼ avocado
- ½ tbsp cinnamon
- \*optional (for added sweetness) - ½ banana

**Directions:**

Add all ingredients into blender and blend until smooth

### BERRY YUMMY SMOOTHIE



(Serves 2)

**Ingredients:**

- 1 cup whole milk
- 1 cup kale
- 1 banana
- ½ cup mixed berries
- ½ avocado
- 1 tbsp chia seeds
- 1 tbsp flaxseed meal

**Directions:**

Add all ingredients into blender and blend until smooth