















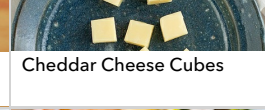
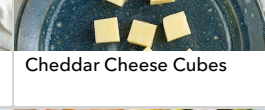

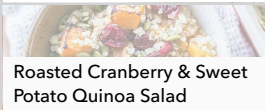








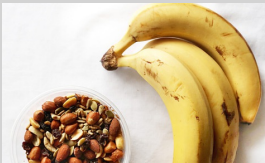












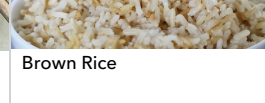
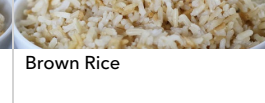


**Kahili Blundell**

**Pregnancy Meal Plan**

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Kahili Blundell  
<http://www.kahilimayblundell.com>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Classic Overnight Oats	 Classic Overnight Oats	 Protein-Packed Avocado Toast	 Protein-Packed Avocado Toast	 Mediterranean Scramble	 Mediterranean Scramble	 Mediterranean Scramble
Snack 1	 2 Hard Boiled Eggs with Apricots	 2 Hard Boiled Eggs with Apricots	 Green Apple Cinnamon Smoothie	 Green Apple Cinnamon Smoothie	 Green Apple Cinnamon Smoothie	 Apple Slices & Hummus	 Apple Slices & Hummus
						 Cheddar Cheese Cubes	 Cheddar Cheese Cubes
Lunch	 Roasted Cranberry & Sweet Potato Quinoa Salad	 Roasted Cranberry & Sweet Potato Quinoa Salad	 Turkey Hummus Sandwich	 Turkey Hummus Sandwich	 Udon Veggie Stir-Fry	 Udon Veggie Stir-Fry	 Udon Veggie Stir-Fry
	 Shredded Chicken	 Shredded Chicken					
Snack 2	 Trail Mix With Banana	 Trail Mix With Banana	 Tomato & Pesto Rice Cakes	 Tomato & Pesto Rice Cakes	 Tomato & Pesto Rice Cakes	 Cinnamon Ginger Energy Balls	 Cinnamon Ginger Energy Balls
Dinner	 Spicy Shrimp with Pesto Noodles	 Spicy Shrimp with Pesto Noodles	 Honey Dijon Chicken with Cauliflower & Peas	 Honey Dijon Chicken with Cauliflower & Peas	 Honey Dijon Chicken with Cauliflower & Peas	 Red Curry Salmon & Veggie Foil Packets	 Ginger Beef Stir Fry
						 Brown Rice	 Brown Rice

**Fruits**

- 5 Apple
- 1 Avocado
- 2 Banana
- 6 Kiwi
- 1/4 Lemon
- 1 1/2 tbsps Lemon Juice
- 1 1/2 tsps Lime Juice

**Breakfast**

- 6 Brown Rice Cake
- 1 3/4 tbsps Maple Syrup

**Seeds, Nuts & Spices**

- 1/2 cup Almonds
- 2 2/3 tbsps Cashews
- 1/16 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 1 1/4 tsps Chili Powder
- 2 1/3 tsps Cinnamon
- 2/3 cup Clean Trail Mix
- 1/2 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 1/8 tsp Ground Ginger
- 1/4 cup Hemp Seeds
- 3/4 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 2 3/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

**Frozen**

- 1 cup Frozen Cranberries
- 1 1/2 cups Frozen Peas

**Vegetables**

- 9 1/2 cups Baby Spinach
- 1 cup Basil Leaves
- 1 cup Bok Choy
- 3 cups Broccoli
- 1 1/2 Carrot
- 1/3 head Cauliflower
- 3/4 stalk Celery
- 1/4 cup Cherry Tomatoes
- 1 Garlic
- 3/4 tsp Ginger
- 1 cup Mixed Greens
- 3 3/4 cups Mushrooms
- 1/2 Red Bell Pepper
- 3/4 cup Snap Peas
- 2 Sweet Potato
- 1 1/2 Tomato
- 1/8 Yellow Onion
- 2 Zucchini

**Boxed & Canned**

- 1/2 cup Brown Rice
- 2 tbsps Organic Coconut Milk
- 1/2 cup Quinoa
- 600 grams Udon Noodles
- 1 cup White Navy Beans

**Baking**

- 3 tbsps Honey
- 3/4 cup Oats
- 1/2 cup Pitted Dates
- 1/3 tsp Vanilla Extract

**Bread, Fish, Meat & Cheese**

- 113 grams Beef Tenderloin
- 112 grams Cheddar Cheese
- 227 grams Chicken Breast
- 680 grams Chicken Leg, Bone In
- 2/3 cup Hummus
- 11 slices Organic Bread
- 113 grams Salmon Fillet
- 227 grams Shrimp
- 227 grams Turkey Breast, Cooked

**Condiments & Oils**

- 2 1/4 tsps Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 3 tbsps Chinese Cooking Wine
- 3/4 tsp Coconut Oil
- 3 1/2 tbsps Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/3 cup Pesto
- 1 tbsp Sesame Oil
- 3 tbsps Sun Dried Tomatoes
- 1/3 cup Tamari
- 1 1/2 tsps Thai Red Curry Paste

**Cold**

- 10 Egg
- 3/4 cup Plain Coconut Milk
- 3 cups Unsweetened Almond Milk

**Other**

- 1 cup Dried Apricots
- 2 1/3 cups Water



## Classic Overnight Oats

**1 serving**

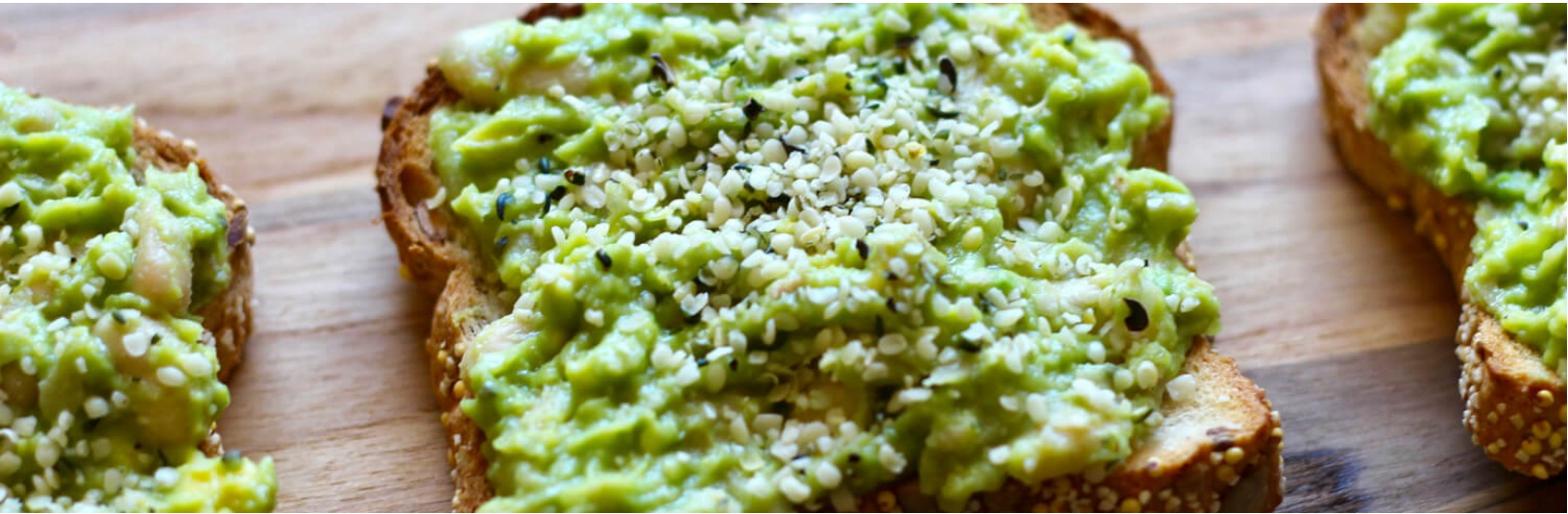
**8 hours**

### Ingredients

1/3 cup Oats (rolled)  
1/3 cup Plain Coconut Milk (from the carton)  
1 1/2 tsps Chia Seeds  
1 1/2 tsps Maple Syrup  
1/4 tsp Cinnamon  
2 tsps Water

### Directions

- 1 Add the oats, coconut milk, chia seeds, maple syrup, cinnamon and water in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Store in the fridge until ready to eat. Enjoy hot or cold!



## Protein-Packed Avocado Toast

1 serving  
15 minutes

### Ingredients

1/2 Avocado  
1/2 cup White Navy Beans (cooked)  
1/8 Lemon (juiced)  
1/8 tsp Sea Salt  
2 slices Organic Bread  
2 tbsps Hemp Seeds

### Directions

- 1 In a bowl, mash the avocado, white beans, lemon juice and sea salt together with a fork. Continue to mash until you get a guacamole-like consistency.
- 2 Divide the avocado bean mixture onto the toast. Sprinkle with hemp seeds and enjoy!



## Mediterranean Scramble

1 serving  
10 minutes

### Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 cup Baby Spinach
- 2 Egg
- 1 tbsp Sun Dried Tomatoes (chopped)
- 1 slice Organic Bread (toasted)

### Directions

- 1 Heat a skillet over medium heat and add the oil. Add the spinach and cook for 1 minute. Then add the eggs and sun dried tomatoes. Stir to mix and cook for another 1 to 2 minutes or until eggs are cooked through.
- 2 Divide mixture between plates. Serve with a piece of toast. Enjoy!



## 2 Hard Boiled Eggs with Apricots

**1 serving**  
15 minutes

### Ingredients

2 Egg  
1/2 cup Dried Apricots

### Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 3 Peel the eggs and serve with apricots. Enjoy!



## Green Apple Cinnamon Smoothie

**1 serving**  
10 minutes

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### Ingredients

1 Apple (peeled, cored and chopped)  
2 Kiwi (peeled and sliced)  
1 tbsp Ground Flax Seed  
1/2 tsp Cinnamon  
1 cup Unsweetened Almond Milk  
2 cups Baby Spinach

### Directions

1 Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!





## Apple Slices & Hummus

**1 serving**  
**5 minutes**

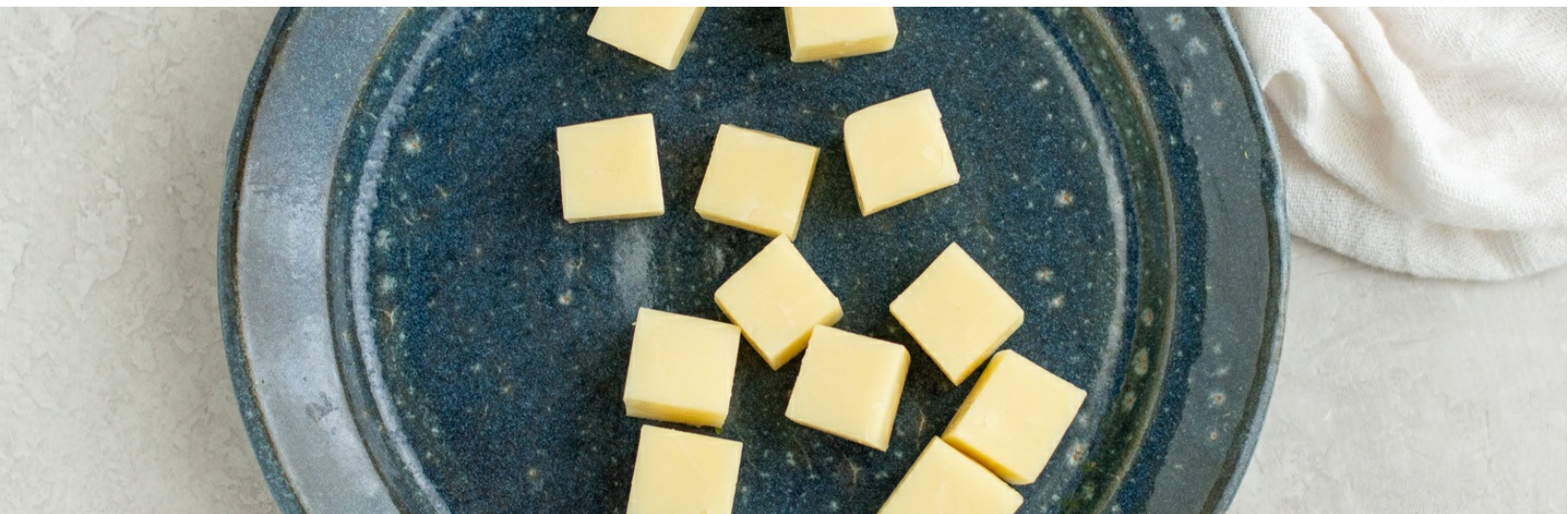
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### Ingredients

1 Apple  
1/4 cup Hummus

### Directions

- 1 Slice apples and cut out the core. Serve with hummus for dipping. Enjoy!



## Cheddar Cheese Cubes

**1 serving**  
**2 minutes**

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### Ingredients

56 grams Cheddar Cheese (cubed)

### Directions

- 1 Serve cheese on a plate or in a bowl and enjoy!



## Roasted Cranberry & Sweet Potato Quinoa Salad

3 servings  
45 minutes

### Ingredients

2 Sweet Potato (medium, peeled and cubed)  
1 1/2 tbsps Avocado Oil (divided)  
1/8 tsp Sea Salt  
1 cup Frozen Cranberries (or fresh)  
1/2 cup Quinoa (dry, uncooked)  
1 cup Water  
2 1/4 tps Apple Cider Vinegar  
1 tsp Dijon Mustard  
1 1/2 tps Maple Syrup  
1/4 cup Pumpkin Seeds

### Directions

- 1 Preheat oven to 400°F (204°C).
- 2 In a glass or foil-lined baking dish, toss the sweet potato with 1/3 of the avocado oil, and salt. Roast for 30 minutes, adding the cranberries midway.
- 3 Combine the quinoa and water in a saucepan over high heat. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid, turn off the heat and fluff with a fork.
- 4 In a large mixing bowl, whisk together the remaining avocado oil, apple cider vinegar, mustard and maple syrup. Add the roasted sweet potato, cranberries, quinoa and pumpkin seeds. Gently toss until well combined. Enjoy!



## Shredded Chicken

1 serving  
20 minutes

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### Ingredients

1/2 tsp Sea Salt  
113 grams Chicken Breast (skinless,  
boneless)

### Directions

- 1 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 2 Remove chicken and shred into pieces using two forks.



## Turkey Hummus Sandwich

1 serving

5 minutes

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### Ingredients

2 slices Organic Bread (or gluten-free)  
113 grams Turkey Breast, Cooked  
1 tbsp Hummus  
1 1/2 tsps Dijon Mustard  
1/2 cup Mixed Greens

### Directions

- 1 Lightly toast the bread.
- 2 Spread one slice of the bread with hummus and mustard. Layer on the turkey and mixed greens. Place the second slice of bread over top. Slice and enjoy!



## Udon Veggie Stir-Fry

1 serving  
20 minutes

### Ingredients

200 grams Udon Noodles (cooked)  
1 tsp Sesame Oil  
1 cup Broccoli (chopped into florets)  
1 cup Mushrooms (sliced)  
1/2 Carrot (medium, peeled and sliced)  
1 1/2 tbsps Tamari  
1 tbsp Chinese Cooking Wine

### Directions

- 1 Bring a large saucepan of water to a boil. Add udon noodles, blanch for two minutes then transfer to a bowl of cold water.
- 2 Return the saucepan to the stovetop and heat sesame oil over medium heat. Add the broccoli, mushrooms and carrot. Cook until slightly tender.
- 3 Add tamari, cooking wine and the noodles. Cook for another 2 to 3 minutes or until heated through.
- 4 Divide into bowls and enjoy!



## Trail Mix With Banana

**1 serving**  
**5 minutes**

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### Ingredients

1/3 cup Clean Trail Mix  
1 Banana

### Directions

1

Divide trail mix into bowls or containers, and serve with a banana on the side.  
Happy snacking!



## Tomato & Pesto Rice Cakes

1 serving

5 minutes

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### Ingredients

- 2 tbsps Pesto
- 2 Brown Rice Cake
- 1/2 Tomato (sliced)

### Directions

- 1 Spread pesto evenly onto the rice cakes. Top with tomato slices and enjoy!





## Cinnamon Ginger Energy Balls

8 servings  
15 minutes

### Ingredients

1/2 cup Pitted Dates  
1/3 cup Almonds (raw)  
2 2/3 tbsps Cashews (raw)  
1/3 tsp Cinnamon (ground)  
1/8 tsp Ground Ginger  
1/3 tsp Vanilla Extract  
1/8 tsp Sea Salt

### Directions

- 1 Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.
- 2 Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.



## Spicy Shrimp with Pesto Noodles

2 servings

25 minutes

### Ingredients

227 grams Shrimp (peeled, deveined)  
1 1/4 tsps Chili Powder  
1/2 tsp Garlic Powder  
1/2 tsp Dried Thyme  
1/2 tsp Sea Salt (divided)  
1/16 tsp Cayenne Pepper  
1 1/2 tsps Avocado Oil  
1 cup Basil Leaves  
1/2 cup Baby Spinach  
2 tbsps Almonds  
1 tbsp Water  
1/2 Garlic (clove)  
1 1/2 tbsps Lemon Juice  
3 tbsps Extra Virgin Olive Oil (divided)  
2 Zucchini (small, spiralized into noodles)  
1/4 cup Cherry Tomatoes (halved)

### Directions

- 1 In a large mixing bowl add the shrimp, chili powder, garlic powder, thyme, half the sea salt, cayenne and avocado oil. Stir to coat the shrimp evenly. Set aside.
- 2 To the bowl of a food processor, add the basil, spinach, almonds, water, garlic, lemon juice, extra virgin olive oil and remaining sea salt. Turn the food processor on and blend until mostly smooth, scraping down the sides of the bowl if needed. Set aside.
- 3 Heat a large pan over medium-high heat. Add the seasoned shrimp to the pan, being sure to scrape all the spices and oil into the pan with the shrimp. Depending on the size of your shrimp cook 1 to 3 minutes per side or until the shrimp are no longer translucent. Remove from pan.
- 4 In the same pan that the shrimp were cooked, add the zucchini noodles and cook for about 1 minute, or just until warmed through. Toss the noodles with the pesto.
- 5 Divide the pesto zucchini noodles into bowls then top with cooked shrimp and cherry tomatoes. Enjoy!



## Honey Dijon Chicken with Cauliflower & Peas

1 serving  
45 minutes

### Ingredients

227 grams Chicken Leg, Bone-in (skin on)  
1/4 tsp Sea Salt  
1/4 tsp Oregano (dried)  
1 tbsp Honey  
2 1/4 tsps Dijon Mustard  
1/8 head Cauliflower (small, cut into florets)  
1/2 cup Frozen Peas

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Season both sides of the chicken with the salt. Place the chicken skin-side up on the baking sheet. Season the top side of the chicken with the oregano.
- 3 Bake for 30 to 35 minutes until just cooked through.
- 4 Meanwhile, combine the honey and Dijon mustard in a small bowl. Set aside.
- 5 Remove the chicken from the oven and brush the top side generously with the honey mustard sauce. Return to the oven and continue to bake for about 5 more minutes until the honey has just started to bubble.
- 6 While the chicken cooks, add the cauliflower to a steamer basket over a pot of boiling water. Steam for about 5 minutes or until tender. Remove the steamer basket then add the peas to the boiling water and cook for 3 to 5 minutes until tender then drain.
- 7 To serve, evenly divide the chicken, cauliflower and peas between plates. Enjoy!



## Red Curry Salmon & Veggie Foil Packets

1 serving

30 minutes

### Ingredients

1 cup Bok Choy (baby, halved)  
1/2 Red Bell Pepper (sliced)  
113 grams Salmon Fillet  
2 tbsps Organic Coconut Milk (from the can)  
1 1/2 tsps Lime Juice  
1 1/2 tsps Thai Red Curry Paste  
Sea Salt & Black Pepper (optional)

### Directions

- 1 Preheat the oven to 375°F (190°C).
- 2 Cut large pieces of aluminum foil big enough to form a packet. You'll need one per serving. Divide the bok choy, bell peppers and salmon fillets equally between the foil pieces.
- 3 In a small mixing bowl, whisk together the coconut milk, lime juice and red curry paste. Spoon the curry sauce over top of the fish and vegetables. Fold the foil to tightly seal each packet. Carefully transfer the packets to a baking sheet.
- 4 Bake for 20 to 25 minutes, or until fish flakes easily and is cooked through.
- 5 To serve, transfer the contents of the packets to a plate and season with salt and pepper. Enjoy!



## Brown Rice

1 serving  
45 minutes

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### Ingredients

1/4 cup Brown Rice (uncooked)  
1/2 cup Water

### Directions

1

Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



## Ginger Beef Stir Fry

1 serving  
30 minutes

### Ingredients

1 tbsp Tamari  
1/2 Garlic (cloves, minced)  
3/4 tsp Ginger (peeled and grated)  
3/4 tsp Maple Syrup  
3/4 tsp Coconut Oil  
113 grams Beef Tenderloin (sliced into strips)  
1/8 Yellow Onion (diced)  
3/4 stalk Celery (chopped)  
3/4 cup Snap Peas  
3/4 cup Mushrooms (sliced)

### Directions

- 1 Mix together tamari, garlic, ginger and maple syrup in a jar. Put on a lid and shake well. Set aside.
- 2 Add coconut oil to a large frying pan and place over medium heat. Add beef and yellow onion. Saute for 3 to 5 minutes or until beef is cooked rare. Add in celery, snap peas and mushrooms. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix. Once everything is well combined, turn off the heat.
- 3 Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!