

Pantry Staples



Build a balanced pantry to support your health and nourish your growing baby.



WHOLE GRAINS

Provides lasting energy, fibre and key nutrients.



- | | |
|--|--|
| ☐ Oats | ☐ Whole grain bread |
| ☐ Brown rice | ☐ Barley |
| ☐ Quinoa | ☐ Bulgur |
| ☐ Whole grain pasta | ☐ Cornmeal |
| ☐ Whole wheat flour | ☐ Whole grain cereals |



CANNED & JARRED GOODS

Convenient options that save time and reduce waste.



- | | |
|--|--|
| ☐ Canned tomatoes | ☐ Canned vegetables |
| ☐ Tomato paste | ☐ Canned fruit in juice |
| ☐ Coconut milk | ☐ Pickled vegetables |
| ☐ Canned tuna or salmon | ☐ Nut or seed butter |
| ☐ Low-sodium broth | ☐ Applesauce (no added sugar) |



PROTEINS

Essential for your body's repair, growth and milk production.



- | | |
|---|--|
| ☐ Canned tuna or salmon | ☐ Powdered milk |
| ☐ Canned chicken | ☐ Greek yogurt (shelf-stable pouches) |
| ☐ Eggs (shelf-stable options if needed) | ☐ Protein powder (if needed) |
| ☐ Dried meat alternatives (jerky, bittong) | |



BEANS & LEGUMES

High in fibre, protein and important minerals.



- | | |
|--|---|
| ☐ Lentils | ☐ Split peas |
| ☐ Chickpeas | ☐ Pinto beans |
| ☐ Black beans | ☐ Canned beans (no added salt) |
| ☐ Kidney beans | ☐ Hummus |
| ☐ Baked beans (low sugar) | |



HEALTHY OILS & CONDIMENTS

Add flavour and support heart and brain health.



- Olive oil
- Avocado oil
- Sesame oil
- Apple cider vinegar
- Balsamic vinegar

Refrigerator Staples



Stock your fridge with nourishing, versatile foods to support your health and your growing baby.



FRESH PRODUCE

Vitamins, minerals and fibre for you and your baby.



- ☐ Leafy greens (spinach, kale, lettuce)
- ☐ Broccoli or cauliflower
- ☐ Carrots & bell peppers
- ☐ Cucumbers
- ☐ Avocados
- ☐ Tomatoes
- ☐ Berries
- ☐ Citrus (oranges, lemons)
- ☐ Apples or pears
- ☐ Fresh herbs (parsley, basil)



PROTEINS

Essential for energy, repair and baby's growth.



- ☐ Chicken
- ☐ Turkey
- ☐ Fish (e.g., salmon, tuna)
- ☐ Eggs
- ☐ Lean ground meat
- ☐ Tofu
- ☐ Tempeh
- ☐ Edamame
- ☐ Hummus
- ☐ Cooked lentils or beans

DAIRY & DAIRY ALTERNATIVES

Calcium and nutrients for strong bones and teeth.

Milk

Yogurt (plain or Greek)

Cheese

Cottage cheese

Ricotta

Fortified plant milks (soy, oat, almond)

Fortified yogurt (plant-based)

Calcium-set tofu

READY-TO-USE FOODS

Time-savers for busy days and easy meals.

Pre-washed salad greens or slaw mix
Pre-cut vegetables
Pre-cut fruit
Hard boiled eggs
Rotisserie chicken

Leftovers in portion-sized containers
Dips & spreads (e.g., tzatziki, guacamole)
Soup or broth
Smoothie ingredients

Choose a variety, stay hydrated and be kind to yourself.
Small steps, every day.

Daily Hydration Tracker

Staying hydrated supports your energy, mood,
milk supply and baby's healthy development.



DAILY GOAL

Aim for 8–10 cups
of water each day.
Listen to your
body and sip often!

- Keeps you energized and focused
- Supports digestion and helps prevent constipation
- Helps maintain a healthy milk supply



TRACK YOUR WATER INTAKE

Color in a cup each time you finish one.
Every sip counts!

DATE: _____



1



2



3



4



5



6



7



8



9



10



LISTEN TO YOUR BODY

Some days you may need more,
and that's okay.



ADD VARIETY

Try adding lemon, berries,
or cucumber for a
refreshing twist!

YOU'RE DOING GREAT!

Small sips make a big difference
for you and your baby.
Keep going—you've got this!

NOTES

Hydrated mama, happy baby.

Quick Nutrition Overview



FIRST TRIMESTER (0–13 WEEKS)

Focus on nutrient-dense foods and building healthy habits.



SECOND & THIRD TRIMESTER (14 WEEKS–BIRTH)

Support growth, energy, and nutrient needs for you and your baby.



KEY NUTRIENTS AT A GLANCE

Important nutrients for pregnancy and postpartum.

NUTRIENT

WHY IT MATTERS

GOOD FOOD SOURCES

Folic Acid

Supports baby's neural tube development

Lean meats, lentils, tofu, spinach, fortified cereals

Calcium

Builds baby's bones and teeth

Milk, yogurt, cheese, fortified plant milk, tofu, greens

Omega-3 (DHA)

Supports baby's brain and eye development

Salmon, sardines, flaxseeds, chia seeds, walnuts

Vitamin D

Helps calcium absorption and immune health

Fatty fish, fortified foods, safe sun exposure



HYDRATION

Stay well hydrated every day.
Aim for:



8–10
CUPS (2–2.5 L)
OF FLUIDS

WATER IS BEST!

Limit sugary drinks and caffeine.
Max 200 mg caffeine per day.



FOODS TO LIMIT OR AVOID

For your safety and your baby's health.

Unpasteurized dairy and juices
Uncooked meat and fish
High-mercury fish



POSTPARTUM NUTRITION

Nourish your body, support recovery, and fuel milk production.



Eat regular, balanced meals and healthy snacks

Include protein, whole grains, and healthy fats

Stay hydrated

Continue prenatal vitamin while breastfeeding
Ask for support when you need it!

RECOMMENDED WEIGHT GAIN FOR PREGNANCY

Pre-pregnancy BMI

Total weight gain

Underweight (BMI <18.5)

12.5–18 kg (28–40 lb)

Normal (BMI 18.5–24.9)

11.5–16 kg (25–35 lb)

Overweight (BMI 25–29.9)

7–11.5 kg (15–25 lb)

Obese (BMI ≥30)

5–9 kg (11–20 lb)

ALWAYS CONSULT YOUR PERSONAL CARE TEAM FOR RECOMMENDATIONS SPECIFIC TO YOUR MEDICAL NEEDS

Freezer Staples



Stock your freezer with nutritious staples to save time, reduce stress, and support your recovery.



FROZEN FRUITS & VEGETABLES

Easy nutrition to keep on hand for any meal or snack.



- ☐ Berries (blueberries, strawberries, raspberries)
- ☐ Banana slices
- ☐ Mango or pineapple chunks
- ☐ Avocado
- ☐ Spinach or kale
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Peas
- ☐ Mixed vegetables
- ☐ Sweet potato or pumpkin



FROZEN PROTEINS

Keep protein on hand to fuel healing and milk production.



- ☐ Chicken breasts or thighs
- ☐ Ground beef or turkey
- ☐ Salmon or white fish
- ☐ Shrimp
- ☐ Cooked lentils or beans
- ☐ Turkey meatballs
- ☐ Plant-based meat alternatives
- ☐ Eggs or egg bites (freezer-friendly)
- ☐ Bone broth

BREAD OR GRAINS

Helpful for balanced meals and quick snacks.

Whole grain bread

Bagels or English muffins

Whole grain wraps

Cooked rice or quinoa

Oats or overnight oats

Whole grain pasta

Brown rice

Couscous or farro

Whole grain waffles or pancakes

QUICK MEAL HELPERS

Ready-to-heat options for busy or low energy days.

Soups or stews

Chili or curry

Lasagna or baked pasta

Stuffed peppers

Breakfast burritos

Veggie patties or fritters

Smoothie packs (fruit + greens)

Homemade muffins or energy bites

Tip: Portion meals before freezing and label with the date for easy grab-and-go.

Grocery Shopping Planner



Use this list to plan nourishing meals and support you and your growing baby.



PRODUCE

Fruits and vegetables for you and your baby.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



PROTEINS

For energy, growth, and recovery.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



DAIRY

Calcium and other key nutrients.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



GRAINS

Whole grains for lasting energy and fiber.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



PANTRY ITEMS

Staples for quick and healthy meals.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



FROZEN FOODS

Convenient options to save time and reduce waste.

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



Small choices today can nourish a healthy tomorrow.



Sample Grocery List



A balanced week of staples to support you
and your baby through pregnancy and postpartum.



WHOLE GRAINS

Sustained energy
and fibre for you
and your baby.



- | | | |
|--|---|--|
| ☐ Oats | ☐ Whole grain bread | ☐ Corn tortillas |
| ☐ Brown rice | ☐ Barley | ☐ Rice cakes |
| ☐ Quinoa | ☐ Bulgur | ☐ Crackers
(whole grain) |
| ☐ Whole grain pasta | ☐ Couscous | |
| ☐ Whole wheat flour | ☐ Whole grain cereal | |



CANNED & PACKAGED GOODS

Nutritive staples
that save time and
reduce food waste.



- | | | |
|---|---|--|
| ☐ Canned tomatoes | ☐ Canned tuna | ☐ Nut butters
(peanut, almond) |
| ☐ Tomato paste | ☐ Canned chickpeas | ☐ Hummus |
| ☐ Canned beans
(chickpeas, lentils,
black beans) | ☐ Canned corn | ☐ Olive oil |
| ☐ Lentils (dried) | ☐ Low-sodium broth
(veg or chicken) | ☐ Herbs & spices |



PROTEINS

Essential for your
baby's growth and
your own
recovery.



- | | | |
|--|--|---|
| ☐ Eggs | ☐ Salmon or other
fatty fish | ☐ Greek yogurt |
| ☐ Chicken breast
or thighs | ☐ Tuna (canned) | ☐ Cottage cheese |
| ☐ Ground turkey
or beef | ☐ Tofu | ☐ Milk or
fortified milk
alternative |



BEANS & LEGUMES

High in fibre, iron,
and plant-based
protein.



- | | | |
|---------------------------------------|--------------------------------------|---------------------------------|
| ☐ Lentils | ☐ Pinto beans | ☐ Hummus |
| ☐ Chickpeas | ☐ Split peas | ☐ |
| ☐ Black beans | ☐ Edamame | |
| ☐ Kidney beans | ☐ (frozen) | |

One-Week Meal Outline



Plan balanced, nourishing meals to support you and your baby every day.


BREAKFASTS
Start the day with energy and nutrients.


LUNCHES
Keep you satisfied and well-fueled.


DINNERS
Nourishing meals for you and your growing baby.


SNACKS
Healthy snacks to support energy and cravings.

	MON	TUE	WED	THU	FRI	SAT	SUN
BREAKFASTS							
LUNCHES							
DINNERS							
SNACKS							

HYDRATION REMINDER

Drink plenty of water throughout the day.

My daily water goal:

glasses



 Be kind to yourself—balance over perfection. 