

Courtesy of:



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MOMS' HEALTH COACH



MY PRINCIPLES FOR BEST NUTRITION DURING PREGNANCY

- Eat real food – stay away from processed, inflammatory food
- Eat slowly and mindfully. Produce lots of saliva to start digestion well and ensure you're absorbing all the nutrients
- Take lots of fruits and veggies
- Eat the rainbow, always including lots of green leafy veggies
- Eat good quality food: organic, grass-fed, wild, free-range
- Try to balance macronutrients: ½ plate vegetables, ¼ protein (plant or animal), ¼ carbohydrates (whole grains or starchy vegetables), some healthy fats on top (avocado, nuts, olive oil)
- Take lots of water
- Be safe: wash everything well, cook food well, ensure dairy is pasteurized, avoid big predator fish
 - Tilefish from the Gulf of Mexico
 - Shark
 - Swordfish
 - Orange roughy
 - Bigeye tuna
 - Marlin
 - King mackerel
- Include key nutrients:
 - Calcium
 - Iron
 - Iodine
 - Choline
 - Vitamin A
 - Vitamin B6
 - Vitamin B12
 - Vitamin C
 - Vitamin D
 - Vitamin E
 - Folic Acid
 - DHA



Pregnancy Kitchen

Breakfast: Granola and Greek Yogurt Parfait

Benefits:

- Good amounts of protein
- Healthy fats
- Calcium
- Vitamin E, C, B6
- Iron
- Iodine
- Zinc
- Folate
- Omega 3

GRANOLA

Ingredients:

- 150g oats
- 40g olive oil
- 1 banana
- 2 apples
- 10 dates
- 30g raw cacao
- 1 tsp vanilla
- (optional) 2 tbsp cinnamon
- 80g nuts and seeds: cashews, almonds, walnuts, pumpkin & sunflower seeds
- (optional): 3 tbsp coconut flakes



Instructions:

1. Preheat the oven at 350F
2. Prepare a baking sheet with parchment paper on top
3. Peel the apples and cut in pieces. Microwave for 2 min
4. Peel the banana and cut in pieces. Microwave for 1 min
5. Blend fruits with oil, dates and vanilla until you get a thick paste.
6. Mix the remaining ingredients in a large bowl
7. Pour the fruit paste on top and mix with your hands.
8. Spread the mix on the parchment paper until you get a thin layer
9. Bake for 15 min. Remove, turn it and bake again for another 10 min.

PARFAIT

Ingredients:

- ½ cup homemade granola (see above)
- 1 Greek yogurt or coconut yogurt (vegan alternative)
- ½ cup red fruits: I used strawberries

Instructions:

- 1- Layer the granola with the yogurt
- 2- Add fruits on top

Lunch: Egg, Salmon and Spinach Muffins with Zucchini Noodles and Buckwheat

Benefits:

- Very complete meal: good proportion of all macronutrients
- Eggs are versatile and a good source of protein that provides amino acids you and your baby need. They contain more than a dozen vitamins and minerals, including choline, which is good for baby's brain development. However, be sure not to eat undercooked or raw eggs.
- Omega-3 fatty acids are good for your baby's brain and eyes, and salmon is a great source. Plus it provides protein and B vitamins. Salmon is also relatively low in mercury compared to other fish
- Spinach is a super nutritious green leafy vegetable, packed with folic acid, vit A, C, iron and calcium. It's a great pregnancy ally.
- Zucchini is very rich in many nutrients, including Vitamin A, C, B6
- Buckwheat is a high-quality carbohydrate and has become popular as a health food due to its high mineral and antioxidant content. It's easily digestible and has low GI.



EGG MUFFINS

Ingredients:

- Ingredients (for 6 cups):
- 6 eggs
- 1/2 cup spinach
- 2 slices smoked salmon
- Dash of Himalayan salt and pepper
- Olive oil or cooking spray to grease the muffin tin

Instructions:

- 1- Preheat oven to 350°F.
- 2- Spray a muffin tin with cooking spray or grease with olive oil and set aside.
- 3- Whisk the eggs in a bowl. Season with salt and pepper.

- 4- Dice and slice into small pieces: spinach and smoked salmon.
- 5- Add the spinach and smoked salmon to the egg mixture.
- 6- Fill muffin cups 3/4 full and bake for 20-25 minutes until centers are set and no longer runny.
- 7- Allow to cool slightly before serving.

ZUCCHINI NOODLES

Ingredients:

- 2 zucchinis
- 2 tbsp olive or avocado oil
- (optional) dash of sea / Himalaya salt

Instructions

1. Wash zucchini
2. Spiralize with a spiralizer
3. Sauté with 2 tbsp of olive oil. Add some salt when you cook it.

BUCKWHEAT

Ingredients:

- ½ cup buckwheat
- 1 tbsp olive or avocado oil
- (optional) dash of Himalayan salt
- (optional) your favorite herbs

Instructions:

- 1- Soak buckwheat for 12 hours
- 2- Sauté with 1 tbsp olive oil
- 3- (optional) add a dash of Himalayan salt and herbs as you cook it

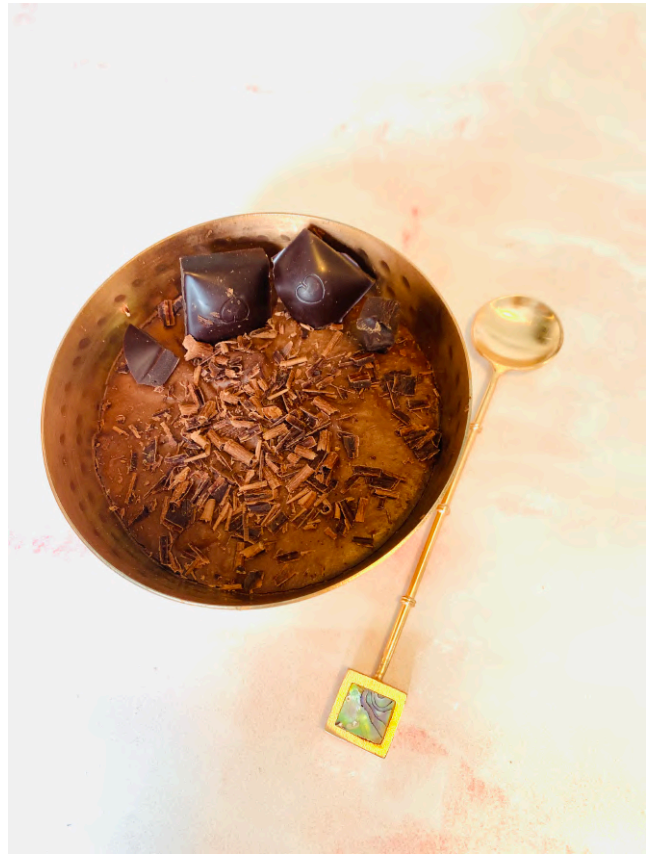


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Dessert: Healthy Chocolate Pudding

Benefits:

- Coconut milk is packed with vitamins C, E, B1, B3, B5, and B6 as well as iron, selenium, sodium, calcium, magnesium and phosphorus. It contains a good concentration of lauric acid, a medium chain fatty acid (MCFA) which gets converted to monolaurin in the body, a compound with antiviral and antibacterial properties
- Cacao packs in more calcium than cow's milk. It's densely packed with iron, magnesium and antioxidants.
- Dates are a good source of protein and contain vitamins such as B1, B2, B3 and B5, as well as A1 and C



Ingredients:

- 1 can coconut milk
- 1/2 cup dates, pitted
- 1/2 cup raw cacao powder
- (optional) pinch of Himalayan salt and
- 1 tsp vanilla extract
- (optional) your favorite toppings: I am choosing some dark chocolate

Instructions:

- 1- Blend all the ingredients together
- 2- Set in the fridge for 4 hours
- 3- Add toppings of choice: I grated some dark chocolate on top

Dinner: Cauliflower Crust Healthy Pizza

Benefits:

- Cauliflower contains some of almost every vitamin and mineral that you need, including vitamin B6, C and folate
- Goat's cheese provides healthy fats, protein and calcium
- Eggs are versatile and a good source of protein that provides amino acids you and your baby need. They contain more than a dozen vitamins and minerals, including choline, which is good for baby's brain development. However, be sure not to eat undercooked or raw eggs.



Ingredients:

- 1 lb frozen cauliflower florets
- 1 egg, beaten
- 1/3 cup soft goat cheese (chevre)
- 1 teaspoon dried oregano (or other herbs you like)
- Pinch of Himalayan salt
- your favorite toppings: I used my homemade ketchup (recipe in next post), mozzarella cheese, artichoke hearts, red bell pepper, spinach and anchovies

Instructions:

- 1- Thaw cauliflower completely
- 2- Preheat the oven to 400°F.
- 3- Pour the cauliflower into a blender or food processor. Process until you get a mash texture.
- 4- In a large bowl, mix up the cauliflower mash, egg, goat cheese, and spices. (Don't be afraid to use your hands! You want it very well mixed.)
- 5- Press the dough out onto a baking sheet lined with parchment paper. (It's important that it's lined with parchment paper, or it will stick.) Keep the dough about 1/4" to 1/2" thick.
- 6- Bake for 30 minutes at 400F, until dry and golden. Use the parchment paper to flip the crust over and bake again until the other side is nice and dry, about 10 to 15 more minutes.
- 7- Add your favorite pizza toppings to the crust, such as tomato sauce (see below for Healthy "Ketchup"), cheese, veggies and protein. Then return the pizza to the 400F oven. Bake an additional 5-10 minutes, just until the cheese is hot and bubbly.

Sauce: Healthy “Ketchup”

Ingredients

- 1/2 cup sun-dried tomato halves, soaked 1-2 hours
- 1 tomato, Roma / Italian
- 2 Medjool dates or 1/4 cup agave nectar
- 1 1/2 tbsp apple cider vinegar
- 1 1/2 tbsp water, from soaking sun-dried tomatoes
- 1/2 tsp Himalayan salt
- dash onion powder
- dash garlic powder

Instructions

- 1- Cover sun-dried tomatoes with water and soak for 1-2 hours.
- 2- Drain sun-dried tomatoes, and reserve 30ml of soak water.
- 3- Blend everything until smooth.



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Dessert: Raw Chocolate

Benefits:

- Coconut oil has healthy fatty acids and is antimicrobial
- Cacao packs in more calcium than cow's milk. It's densely packed with iron, magnesium and antioxidants.
- Honey is a natural sweetener which has some antioxidants

Ingredients:

- 1/2 cup raw cacao powder
- 1/2 cup coconut oil
- 3 tbsp honey
- 1/2 tsp vanilla extract
- (optional) toppings: pollen, coconut flakes, nuts, dried fruits...

Instructions:

- 1- Gently melt coconut oil in a saucepan over medium-low heat.
- 2- Stir cacao powder, honey, and vanilla extract into melted oil until well blended.
- 3- Pour mixture into a chocolate mold (1st picture). If you don't have one, you can pour the mixture on some parchment paper over a flat plate (2nd picture).
- 4- (optional) Add toppings
- 5- Place in the freezer until chilled, about 1 hour.



Snack: Cabbage Tacos with Red Lentils and Guacamole

Benefits:

- Cabbage is a low-calorie vegetable that is rich in vitamins, minerals and antioxidants. Including vit B6, C, K, folate. Highly anti-inflammatory.
- I love the shape as it works so well for tacos!
- We're adding lentils here for good quality protein, iron, fiber, folic acid and polyphenols

LENTILS

Ingredients:

- 1/2 cup red lentils
- 1 cup water
- ½ tsp Himalayan salt

Instructions:

- 1- Soak lentils for 4 hours
- 2- Rinse them.
- 3- Place lentils in a large pot with water and Himalayan salt.
- 4- Bring to a boil, then reduce to a simmer, cover and cook until tender, 15-20 minutes.
- 5- Drain before use.

GUACAMOLE

Ingredients:

- 1 avocado
- 1 lime, juiced
- ¼ diced onion
- 1 tomato, chopped
- (optional) 1 tbsp chopped cilantro
- Dash of Himalayan salt

Instructions:

- 1- Blend avocado, lime juice and salt
- 2- Mix in chopped onion, tomato and cilantro



TACOS

Ingredients:

- 4 Cabbage leaves
- ½ cup cooked lentils (see instructions below)
- Guacamole (see instructions below)

Instructions:

1. Break up cabbage and store in cups
2. Wash them thoroughly
3. Mix the lentils and guacamole.
4. Add on top



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Snack: Healthy Donuts

Benefits:

- Healthy treat
- Oats are rich in carbs and fiber, but also higher in protein and fat than most other grains. They are very high in many vitamins and minerals and antioxidant plant compounds, including folate, iron and zinc.
- Naturally sweetened with bananas and apples, which are very nutritious and loaded with vitamins and antioxidants. And with Cinnamon, which contains large amounts of highly potent polyphenol antioxidants, and is highly anti-inflammatory
- Contain eggs and coconut oil, we've talked about the benefits before



PLAIN DONUTS

Ingredients (for 12 small donuts):

- 2 medium bananas
- 1 apple
- 65g old fashioned oats
- 2 eggs
- Cinnamon to taste (1 use 1 tbsp)
- 1 tsp coconut oil
- 1 tsp baking powder

Instructions:

1. Preheat oven to 390F.
2. Grease your donut molds with cooking spray
3. Peel the apple and cut in pieces
4. Bake the apple: either in microwave for 2 min or in the oven for 5 min
5. Blend all ingredients together except chocolate chips
6. Pour into donut molds
7. Bake in oven at 390F for 12 min.
8. Let cool off before you remove from molds

CHOCOLATE FROSTING

Ingredients:

- ½ cup Chocolate chips to melt for frosting.
- 1 tbsp coconut oil

Instructions:

1. Place chocolate chips in a bowl with coconut oil
2. Microwave for 30 sec and mix until you get a smooth thick liquid. If needed, microwave a bit longer.
3. Pour over donuts. If you want the frosting to be crunchy, place in the fridge for 10 min.



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Snack: Healthy Gummy Bears

Benefits:

- Gelatin is a product made by cooking collagen.
- It provides strength and structure for tissues, lubricates joints and increases the flexibility of the skin and the strength of the tendons.
- This snack is made with natural honey and natural fruit juice, which has antioxidant and antimicrobial properties.

Ingredients

- 1 cup 100% organic tart cherry juice
- 2 tbsp raw honey
- 3 tbsp Grass Fed Gelatin



Instructions

1. In a saucepan, heat the juice over medium heat until hot but not boiling.
2. Lower the heat to the lowest setting and whisk in the honey until fully dissolved.
3. Now, whisk in 1 tbsp at a time of the gelatin, adding another only after the others dissolve. Continue to stir until the gelatin is fully dissolved, about 10 mins.
4. Once you have no lumps, just liquid*, remove from heat and carefully transfer the liquid into your gummy molds (sometimes a dropper is provided with the molds, which is helpful.)
5. Refrigerate until firm (1-2 hours depending on the size of your gummies) then pop out and enjoy!

Snack: Banana Chips

Benefits:

- Bananas are a great source of energy, vitamins B6, C and potassium (for heart health and blood pressure).
- Lemons are antioxidant and a great source of vit C.

Ingredients:

- 4 bananas
- 1 lemon

Instructions:

- 1- Preheat the oven to 225F
- 2- Prepare a baking sheet with parchment paper
- 3- Cut bananas in thin slices
- 4- Spread over parchment paper
- 5- Squeeze a lemon over the slices
- 6- Bake in the oven for 2 hours



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Snack: Smoothie or Smoothie Bowl

Benefits: loaded with vitamins and minerals.

Ingredients and instructions (for 1 small bowl):

For the smoothie base, blend:

- 1 frozen banana
- 1/2 cup mixed frozen berries or other fruits
- 1/2 cup nut milk, dairy milk or water
- (optional) 1 tbsp high quality protein powder
- TIP: for extra nutrition, add some green leaves, such as spinach or kale. If they're frozen, I promise you taste them!



Toppings:

Layer your favorite nuts and seeds. I am using cashews, coconut flakes and walnuts

For the perfect final touch on all recipes: add lots of Vitamin LOVE!

Let's connect to chat about recipes, pregnancy and beyond! You can find me at soniaribas.com and on Instagram at [@soniaribascoach](https://www.instagram.com/soniaribascoach)

Yours in health and vibrancy,

Sonia