



PREGNANCY
MEAL PREP

Meal Prep Menu

- Roasted Red Bell Pepper Soup
- Beet Hummus with Sliced Cucumber
- Beet Leaf Pesto on Zucchini Noodles & Mushrooms
- Loaded Kale Salad with Nuts, Seeds, Fruit & French Vinaigrette
- Sheet Tray Salmon with Roasted Summer Vegetables & Farro
- Mexican Fruit Salad with Honey, Lime Dressing