



RECIPE BOOK 
Pregnancy 

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Pregnancy Food Guide

Daily Eating Guide

The energy needs of a pregnant woman can vary depending on factors such as pre-pregnancy weight, activity level, and individual metabolism.







Here is a general guideline for the recommended additional energy intake per trimester:

- 1st Trimester: There is no significant increase in energy needs during the first trimester. It is recommended to maintain a balanced diet and meet the regular daily energy requirements.
- 2nd Trimester: During the second trimester, an additional 340-450 calories per day are typically recommended. This extra energy is necessary to support the growing fetus and the increased metabolic demands of pregnancy.
- 3rd Trimester: In the third trimester, the energy needs increase further. An additional 450-500 calories per day are generally recommended to support the continued growth of the fetus and to meet the energy demands of the mother.

It's important to note that these are general recommendations, and it's always best to consult with a healthcare professional or a registered dietitian for personalized advice based on your specific needs and circumstances.

While each pregnancy journey will be different, having a balanced diet and choosing a variety of healthy foods from the food groups below is important as it will provide the range of nutrients you and your growing baby will need.

Daily Eating Guide

	Grains	Proteins	Fruits	Vegetables	Dairy	Healthy Fat
						
Servings per day	6 to 8	3 to 4	2 to 3	20 to 50	3 to 4	2 to 3
Approximate Calorie range per serving	80 to 120	70 to 120	60 to 100	20 to 50	60 to 150	45 to 60
What is an example of a serving?	<ul style="list-style-type: none"> 1 slice of wholegrain bread 3 wholegrain rice cakes 1/3 cup of cooked rice 30 g of breakfast cereals 1/2 cup of cooked pasta 3 cups of homemade air popped popcorn 1/2 cup of cooked quinoa 1 medium potato 1/2 cup of beans 	<ul style="list-style-type: none"> 30g of lean meat 30g of chicken 2 medium eggs 60g fish 2 large slices of turkey 	<ul style="list-style-type: none"> 1 medium banana 10 strawberries 1 medium slice of melon 1 medium size orange 1 medium size apple 12 grapes 2 samll kiwis 1 medium size pear 1/2 cup (125mL) of fresh juice 2 pieces of plums 1 piece of peach 10 pieces of cherries 	<ul style="list-style-type: none"> 1/2 cup cooked broccoli 1 cup carrot 2 raw cucumbers 1/2 cup cooked cauliflower 1/2 cup cooked greens, mushrooms, eggplant, pumpkin, zucchini 1 tomato 1 cup of raw leafy green vegetables (lettuce, cabbage, rocca, purslane...) 1 cup of raw bell peppers 	<ul style="list-style-type: none"> 1 cup (250mL) of skimmed milk 1 cup of reduced-fat plain yoghurt/ Laban 30g of white cheese (feta, akkawi) 3 tablespoons of Labneh 	<ul style="list-style-type: none"> 1/8 of avocado 6 medium pieces of raw nuts 1 teaspoon of vegetable oil (olive oil, coconut oil...) 1 teaspoon of seeds

Remember, these are general guidelines, and individual needs may vary. It's always best to consult with a healthcare professional or a registered dietitian for personalized advice based on your specific needs and any dietary restrictions you may have.

Portion Sizes

Using your hand as a reference for portion sizes can be a convenient and practical approach. Here's a general guide for estimating portion sizes using your hand:



Your palm size

Not including fingers and thumb is about 85g of cooked and boneless meat. Your palm can be used to estimate the portion size of protein-rich foods such as meat, fish, or poultry. A serving of these foods is approximately the size and thickness of your palm (excluding fingers).



A standard matchbox

Is around the same size as 1 slice, or 30g, of cheese.



Your thumb size

Your thumb can be used to estimate the portion size of fats and oils. A serving of fats or oils is roughly the size of your thumb tip.



The size of your thumb's tip

A fist can be used to estimate the portion size of fruits, vegetables, and grains. One serving of fruits or vegetables is roughly the size of your closed fist.



Cupped Hand

Your cupped hand can be used to estimate the portion size of foods like nuts, seeds, or granola. A serving of these foods is approximately the amount that can fit in your cupped hand.

Some Foods to Avoid

During pregnancy, it is important to be mindful of certain foods that may pose potential risks to the health of the mother and the developing baby. Here are some foods to avoid or limit during pregnancy:



Undercooked or raw meat

Avoid consuming raw or undercooked meats, including poultry, seafood, and eggs, as they can harbor harmful bacteria like Salmonella, E. coli, or Listeria.



Undercooked or raw seafood

Raw or undercooked seafood, such as sushi, oysters, or clams, should be avoided due to the risk of bacterial or parasitic infections.



Raw eggs

Commonly found in cake batter and mayonnaise raw eggs may contain a harmful bacteria like Salmonella, which can cause foodborne illness.



Unpasteurized Dairy Products

Avoid consuming unpasteurized milk, cheese, or other dairy products as they may contain harmful bacteria like Listeria.



Some Foods to Avoid



Unwashed Fruits and Vegetables

Thoroughly wash fruits and vegetables before consuming to remove any potential bacteria or pesticides.



Certain Fish High in Mercury

Limit the consumption of fish high in mercury, such as shark, swordfish, king mackerel, and tilefish. Instead, choose fish low in mercury, like salmon, trout, shrimp, and catfish, and consume them in moderation.



Raw seed sprouts

Raw sprouts, including alfalfa, clover, radish, and mung bean sprouts, can carry bacteria like Salmonella or E. coli. It's safer to consume cooked sprouts.



Excessive Caffeine

Raw sprouts, including alfalfa, clover, radish, and mung bean sprouts, can carry bacteria like Salmonella or E. coli. It's safer to consume cooked sprouts.

Breakfast Recipes



Serves 12



15 mins



Banana Pancakes

Ingredients

225g self-raising flour
2 tbsp caster sugar
250mL oat milk
2 tbsp sunflower oil
200g medium over-ripe
banana, mashed
Spray oil for cooking
Fresh fruit for serving

Method

1. Place flour and sugar in a medium bowl; pour in combined oat milk and oil; fold in banana; mix until just combined.
2. Heat a non-stick frying pan over medium heat; spray with oil; add tablespoonfuls of mixture; cook until bubbles appear on the surface; turn over and cook a further 1 minute or until cooked through.
3. Serve with berries, or fresh fruit. if desired

Mushroom & Cheese Omelette

Ingredients

- 2 tbsp olive oil
- 1.5 cups sliced mushrooms
- 4 eggs
- ¼ cup light cooking cream
- ½ cup grated light cheddar cheese
- 1 tbsp chopped parsley

Method

1. Heat oil in medium frying pan over medium heat. Add mushrooms, cook 3 minutes or until tender.
2. Meanwhile, beat together eggs, light cooking cream, cheese and parsley; pour into pan and stir slightly.
3. Cook until firm; turn over to cook the other side or cook under a preheated grill until golden and set.
4. Fold over or cut into wedges to serve.



Serves 2



15 mins



Serves 2



5 mins

PB & Berry Oat Smoothie

Ingredients

- 1 cup frozen mixed berries
- 1 tbsp peanut butter
- 1 tbsp vanilla protein Powder
- ¼ cup Uncle Toby's Traditional Oats
- 1 cup skim milk

Method

1. Place all ingredients into a blender, blend until smooth.
2. Serve into 2 glasses.

RECIPE TIP To make it sweeter, just add 1 tablespoon of maple syrup. 

Starters & Sides



Serves 4



30 mins



Golden Carrot Soup

Ingredients

2 tbsp olive oil
5 large carrots, diced
1 medium onion, chopped
2 garlic cloves, crushed
3 whole bay leaves
4 cups vegetable stock
Ground black pepper
Parsley, to serve

Method

1. Heat oil in a large saucepan over medium heat; add carrots, onion, garlic and bay leaves; cook 5 minutes.
2. Add stock, bring to the boil, simmer 15 minutes or until tender.
3. Remove bay leaves and discard. Then serve the soup.

RECIPE TIP This quick one pot recipe tastes great with dinner rolls to dip in. !

Creamy Potato Au Gratin

Ingredients

- 300 mL light cooking cream
- 2 tsp wholegrain mustard
- 2 tsp fresh thyme leaves
- 2 tsp garlic paste Salt and pepper, to taste
- 1.2kg potatoes, peeled, cut into 2mm-thick slices
- ½ cup grated light tasty cheese (60g)

Method

1. Pre-heat oven to 180C. Grease a 1.5L (6 cup) baking dish with oil.
2. Combine light cooking cream, mustard, thyme and garlic in a bowl. Season with salt and pepper.
3. Add potato to milk mixture and toss to coat. Arrange potato in the prepared dish, overlapping slightly in this crucial stage of the potato gratin recipe. Pour over excess cream mixture. Sprinkle with cheese to make it truly au gratin.
4. Bake for 50-60 minutes or until your potato au gratin is tender and golden.
5. Serve with your dinner recipe.

! RECIPE TIP This side dish is delicious with a roast dinner and fresh salad.



Serves 4



75 mins



Serves 4



10 mins

Summer Salsa

Ingredients

- 1 medium (430g) mango, chopped finely
- ½ (85g) red onion, chopped finely
- 1 (140g) Lebanese cucumber, seeds removed, finely diced
- 125g can corn kernels, drained
- 1 medium (200g) green capsicum, chopped finely
- 1/3 cup (15g) chopped coriander
- 1 tsp Thai fish sauce
- ¼ cup (60mL) sweet chilli sauce

Method

1. Combine mango, onion, cucumber, corn and capsicum, coriander, fish sauce and sweet chilli sauce in a medium bowl; mix well.

RECIPE TIP To make it sweeter, just add 1 tablespoon of maple syrup. 

Lunch & Dinner Recipes



Serves 4



22 mins



Rocket Pesto Fettuccine

Ingredients

- 350g fettuccine
- 2 cups roughly chopped rocket (40g)
- 1 clove garlic crushed
- 1 tbsp olive oil
- 1 onion chopped (150g)
- 3 tsp cornflour
- 340 mL light evaporated milk
- 2 tsp MAGGI Original Seasoning
- 1 cup drained and sliced semi-dried tomatoes(150g)
- 2 tbsp grated parmesan cheese
- 2 tbsp toasted pine nuts

Method

1. Cook fettuccine according to directions on packet; drain, keep warm.
2. Meanwhile, place rocket, garlic and 2 tsp oil in food processor or blender; process until coarsely smooth.
3. Heat remaining oil in a frying pan over medium heat; add onion, cook 2 minutes. Blend cornflour with 1 tablespoon of light evaporated milk; add to the frying pan with remaining evaporated milk and MAGGI original seasoning; bring to the boil, simmer 1 minute; stir in tomatoes, rocket pesto and parmesan.
4. Pour sauce over fettuccine, mix through, top with toasted pine nuts.

Chicken Burger

Ingredients

- 500g chicken mince
- 1 small carrot, grated
- 1 small onion, finely chopped
- ¼ cup finely chopped celery
- 6 hamburger buns
- 2 medium red capsicums, chargrilled and cut into strips
- Washed spinach leaves, to serve
- Tomato slices, to serve
- Sweet chili sauce, to serve

Method

1. Place mince, carrot, onion and celery in a medium bowl; mix well to combine.
2. Divide mixture into 6 portions; shape into patties.
3. Preheat grill or barbecue plate on medium high; cook patties for 5 minutes per side or until golden and cooked through.
4. Serve the patties, red capsicums, washed spinach leaves, tomato slices and sweet chili sauce on the hamburger buns.

RECIPE TIP If you don't have time to chargrill capsicums you can buy them jarred at the supermarket



Serves 6



25 mins



Serves 6



65 mins



Vegetarian Lasagne

Ingredients

- 1 small onion, chopped
- 1 garlic, crushed
- 1 tbsp olive or canola oil
- 425g can diced tomatoes
- 2 tbsp salt reduced tomato paste
- 1 tbsp chopped parsley
- 250g packet frozen spinach, thawed and drained
- 1 cup low fat ricotta cheese
- ¼ cup light cooking cream
- 30g margarine
- 125g mushrooms, chopped
- 1 tbsp flour
- ¾ cup light cooking cream
- 12 sheets fresh or instant lasagne
- ½ cup grated light cheddar cheese

Method

1. Cook fettuccine according to directions on packet; drain, keep warm.
2. Meanwhile, place rocket, garlic and 2 tsp oil in food processor or blender; process until coarsely smooth.
3. Heat remaining oil in a frying pan over medium heat; add onion, cook 2 minutes. Blend cornflour with 1 tablespoon of light evaporated milk; add to the frying pan with remaining evaporated milk and MAGGI original seasoning; bring to the boil, simmer 1 minute; stir in tomatoes, rocket pesto and parmesan.
4. Pour sauce over fettuccine, mix through, top with toasted pine nuts.



Chicken & Mushroom Pasta

Ingredients

500g spiral pasta
Spray oil for cooking
500g chicken breast fillets,
chopped
200g button mushrooms,
quartered
5 green onions (shallots),
sliced
1.5 tbsp cornflour
340mL light evaporated
milk
125mL chicken stock

Method

1. Cook pasta according to directions on packet; drain and keep warm.
2. Meanwhile, heat a frying pan over high heat; spray with oil; add chicken, cook for 5 minutes or until browned. remove and set aside.
3. Reheat frying pan over medium heat; add mushrooms and green onions; cook 3 minutes or until soft.
4. Blend cornflour with 1/3 cup (80 ml) light evaporated milk; add to frying pan with remaining milk and chicken stock; bring to the boil, stirring until sauce thickens; add chicken and pasta, heat through, stirring constantly.



Serves 6



30 mins



Serves 6



65 mins


Fish Mornay with Vegetables

Ingredients

- 1tbsp oil
- 4 green onions (shallots), sliced
- 1 small red capsicum, chopped
- ½ cup frozen peas
- 500g boneless fish fillets, chopped
- 1 tbsp cornflour
- 340mL light evaporated milk
- 2 tsp French mustard
- ½ cup grated reduced fat cheddar cheese
- ½ cup fresh breadcrumbs
- ½ cup grated reduced fat cheddar cheese (extra)

Method

1. Heat oil in a medium frying pan over medium heat; cook green onion, capsicum and peas for 1 minute or until just soft; add fish, cook 2 minutes.
2. Blend cornflour with 1 tablespoon of light evaporated milk; add to the frying pan with remaining milk and mustard. bring the fish mornay mixture to a boil, stirring constantly, then simmer the fish mornay mixture for 2 minutes. remove from heat; stir cheese into fish mornay mixture.
3. Divide fish mornay mixture between 4 individual ovenproof serving dishes. Sprinkle with combined breadcrumbs and extra cheese.
4. Grill until fish mornay is golden.

RECIPE TIP Tuna is our fish of choice for this dish. Make sure that it's well cooked before you eat it. 

Chicken Curry Salad

Ingredients

4 medium potatoes, chopped coarsely
100g snow peas, trimmed
½ red capsicum, thinly sliced
2 tsp curry powder
2 tsp cornflour
2 tsp Chicken Stock Powder
340mL light evaporated milk
2 tsp olive oil
180g chicken, sliced thinly
¼ cup mayonnaise
2 tbsp freshly chopped chives (optional)

Method

1. Boil, steam or microwave potatoes until cooked, then drain and set aside and keep warm.
2. Meanwhile, steam snow peas and capsicum until just cooked; set aside and keep warm.
3. Combine curry powder, cornflour and chicken stock powder with a small amount of light evaporated milk. Mix to a smooth paste, set aside.
4. Heat oil in a large frying pan, cook chicken 2-3 minutes each side or until browned and cooked through. Remove chicken from pan, set aside on absorbent paper and keep warm.
5. Using same frying pan, add remaining light evaporated milk and gently bring to the boil, stirring constantly. Add curry powder mixture, reduce heat and simmer 1 minute. Remove from heat and cool slightly, add mayonnaise and chives.
6. Combine potatoes, vegetables and chicken in serving bowl; spoon over the sauce.



RECIPE TIP Avoid mayonnaise with whole or raw egg while pregnant



Serves 8



45 mins



Serves 4



40 mins

Spring Vegetable Spaghetti

Ingredients

375g spaghetti
1 tbsp oil
4 green onions (shallots),
chopped
1 clove garlic, crushed
200g red capsicum, thinly
sliced
8 baby squash, thinly sliced
1 bunch asparagus, cut into
3cm lengths
1 tbsp flour
340mL light evaporated
milk
125mL water
2 tsp grated lemon zest
240g frozen peas
40g sliced baby spinach
leaves

Method

1. Cook spaghetti according to directions on packet; drain and keep warm.
2. Heat oil in a medium frying pan over medium heat; add green onions, garlic, capsicum and squash; cook 3 minutes, add asparagus, cook 1 minute; stir in flour, cook 1 minute.
3. Gradually add light evaporated milk and water, bring to boil, stirring constantly, until mixture thickens; add lemon zest and peas, simmer 3 minutes; stir in spinach and cook just until it wilts. Pour over spaghetti, toss to combine.

Creamy Vegetable Pasta

Ingredients

200g farfalle (bow tie) pasta
2 tsp oil
1 garlic, crushed
1.5 cups sliced mixed vegetables
1 tsp wholegrain mustard
1 tsp cornflour
150mL light cooking cream
¼ cup grated reduced fat cheddar cheese

Method

1. Cook farfalle pasta according to directions on pack. Drain and keep warm so you can use it in the creamy vegetable pasta later.
2. Heat a frying pan over medium heat; add oil, garlic and vegetables for the creamy vegetable pasta and cook 2 minutes.
3. Combine mustard, cornflour and light cooking cream and add to pan. Bring to the boil; simmer 1 minute. add cheese and pasta, stir until the creamy vegetable pasta is heated through.



Serves 2



25 mins

Dessert Recipes

Orange Surprise Muffins

Ingredients

- 1 whole orange, roughly chopped
- ½ cup (125mL) orange juice
- 75g butter, softened
- 1 egg
- 1½ cups (225g) self raising flour
- ½ cup (110g) caster sugar
- ¼ cup (45g) raisins, chopped
- 1¼ cups (185g) white chocolate melts

Method

1. Preheat oven to 200°C/180°C fan forced. Grease ten holes from a 12 hole (1/3 cup/80mL) muffin pan.
2. Place orange, juice, butter and egg in a food processor bowl; process until well blended but still slightly chunky. Don't worry if mixture curdles.
3. Sift flour into a bowl and stir in sugar, raisins and the orange mixture.
4. Spoon 1 tablespoon of mixture into the prepared pan. Place 3 white melts on top, then spoon over remaining muffin mixture.



Serves 10



35 mins



Serves 16



60 mins

Chocolate Raspberry Brownies

Ingredients

150g plain flour
440g caster sugar
75g NESTLÉ BAKERS' CHOICE 100% Cocoa, sifted
180g butter, melted, cooled slightly
3 eggs, lightly beaten
125g fresh raspberries, plus extra for decorating, if desired.

Method

1. Preheat oven to 160°C/140°C fan forced. Grease and line base and sides of 19cm square cake pan with baking paper.
2. Combine flour, sugar, cocoa, butter and eggs, mix until well combined. Gently fold in fresh raspberries. Spoon mixture into prepared pan, smooth top.
3. Bake the chocolate raspberry brownies for 50 minutes, or until the mixture is firm to touch. Cool in pan.
4. Turn out and cut into squares to serve, and top the chocolate raspberry brownies with extra raspberries, if desired.

RECIPE TIP If fresh raspberries are not in season or too expensive you can substitute with frozen raspberries.



Chocolate Fudge Cookies

Ingredients

1¼ cups NESTLÉ BAKERS' CHOICE Milk Melts 290g
½ cup vegetable oil
2 eggs, lightly beaten
¼ cup brown sugar
1 cup plain flour
½ cup self raising flour
½ cup NESTLÉ BAKERS' CHOICE White CHOC BITS
1 cup flaked coconut
1¼ cups NESTLÉ Dark, Milk or White Melts, melted

Method

1. Preheat oven to 180°C/160°C fan forced. Line 2 baking trays with baking paper.
2. Place NESTLÉ milk melts in a small saucepan with oil; cook over a low heat until melted, stirring constantly. transfer to a large bowl and cool slightly.
3. Add eggs one at a time, mixing well. Stir in sugar and sifted flours. Fold in NESTLÉ white choc bits and coconut.
4. Refrigerate at least 1 hour or until firm. Roll into balls, place on oven trays and flatten slightly.
5. Bake 8-10 minutes or until golden; cool on the trays. Half dip cookies in NESTLÉ dark, milk or white melts.



Serves 40



28 mins



Serves 6



30 mins



Baked Nectarines with Crumble

Ingredients

- 6 nectarines, halved and stones removed
- 6 store bought Anzac biscuits, crushed
- 2 tbsp honey
- 1 cup (250mL) water
- 1 tsp cinnamon
- 1 tsp vanilla essence alcohol-free
- 4 x 150g diet peach & mango yoghurt

Method

1. Preheat oven to 180°C/160°C fan forced. Grease a small oven-proof dish.
2. Place nectarine halves, skin side down, in prepared dish. Combine biscuits and honey in a small bowl. Divide between nectarine halves. Combine water, cinnamon and essence; pour into base of dish.
3. Bake for 20 minutes or until nectarines are soft. Serve with the peach & mango yoghurt.