



Pre-conception & First 1000 Days Meal Planner



This meal planner has been designed to support the nutrient requirements of both mother (or mother-to-be) and baby, and should be supplemented with a pre-conception and pregnancy multivitamin to ensure all nutritional needs are met. Developed by paediatric nutritionist, Mandy Sacher, this meal planner template supports you in planning nutritiously balanced meals throughout pre-conception and the first 1000 days of life as a mother.

	Breakfast	Lunch	Dinner	Snack
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				



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Pre-conception & Pregnancy Nutrient Checklist:

Use the below checklist together with the the Pre-conception & First 1000 Days Nutrition Table support you in meeting the recommended daily intake (RDI) for each of the important nutrients below:

- | | | | | | |
|--|------------------------------------|-------------------------------------|---------------------------------|-------------------------------------|-------------------------------|
| <input type="checkbox"/> 60mg/day | Ascorbic Acid (Vitamin C) | <input type="checkbox"/> 600mcg/day | Folic Acid (Folate) (B9) | <input type="checkbox"/> 1.4mg/day | Riboflavin (B2) |
| <input type="checkbox"/> 30mcg/day | Biotin (B7) | <input type="checkbox"/> 27mg/day | Iron | <input type="checkbox"/> 65mcg/day | Selenium |
| <input type="checkbox"/> 1000 mg/day | Calcium | <input type="checkbox"/> 360mg/day | Magnesium | <input type="checkbox"/> 1.4mg/ day | Thiamin (B1) |
| <input type="checkbox"/> 5.0 mcg/day | Cholecalciferol (Vitamin D) | <input type="checkbox"/> 5mg/day | Manganese | <input type="checkbox"/> 7mg/ day | Tocopherol (Vitamin E) |
| <input type="checkbox"/> 440mg/day | Choline | <input type="checkbox"/> 18mg/day | Nicotinamide (B3) | <input type="checkbox"/> 11mg/day | Zinc |
| <input type="checkbox"/> 1.3mg/day | Copper | <input type="checkbox"/> 220mcg/day | Iodine | | |
| <input type="checkbox"/> 2.6mcg/day | Cyanocobalamin (B12) | <input type="checkbox"/> 5mg/ day | Pantothenic Acid (B5) | | |
| <input type="checkbox"/> Upper Limit:
3000mg/day* | DHA | <input type="checkbox"/> 1.9mg/day | Pyridoxine (B6) | | |

Shopping List

About Mandy Sacher



Committed to providing parents with honest, evidence-backed advice, paediatric nutritionist Mandy Sacher is one of Australia's leading experts on childhood nutrition and wellbeing and Chief Nutrition Officer of MindChamps Early Learning Centres. To learn more about Mandy visit www.mandysacher.com or follow her on @mandy_sacher.