

# Giving Birth Naturally

EMPOWERING WOMEN TO TRUST THEIR BODIES



## Breakfast

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- Eggs
- Milk
- Protein
- Green Veggies
- Grains
- Vitamin C
- Orange/Yellow Veggie

All Should Be Checked  
By the End of the Day

## Snack

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## Lunch

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## Snack

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## Dinner

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