

Nourished  
BY KIMBERLEY

*your pregnancy nutrition shopping guide*



# Welcome

You're pregnant. Your body is doing something extraordinary right now, and the nutritional demand that comes with that is very real.

The problem is that most pregnancy food advice leaves you either overwhelmed or under-informed. Long lists of things to avoid. Vague reassurances to eat a balanced diet. Not much in between.

This shopping list is the in-between.

It's grounded in my training as a certified nutrition consultant, and built around a simple belief: whole food comes first, always.

Every item on this list earns its place because of what it offers you and your baby at this stage of life. Nothing is here to impress you, frighten you, or make pregnancy feel more complicated than it already is.

You don't need to buy everything at once. You don't need to eat perfectly. You just need a starting point, and this is it.

I hope it makes your next food shop feel a little clearer.

Kimberley xo

# *A note by trimester*

Every item on the food list is relevant throughout pregnancy. These notes highlight what to pay particular attention to at each stage.

## **First trimester:**

Folate (dark leafy greens, lentils, avocado) · Choline (eggs) · Ginger for nausea · Protein with every meal · Cold foods if nausea is strong · B6-rich foods (banana, chicken, potato)

## **Second Trimester:**

Iron (red meat, sardines, lentils + vitamin C) · Calcium (dairy, tinned fish with bones, leafy greens) · Omega-3 (salmon, sardines, mackerel) · Fibre for constipation · Protein at every meal

## **Third Trimester**

DHA (oily fish, every week) · Iron (red meat, eggs, leafy greens) · Medjool dates from 36 weeks · Smaller, more frequent meals · Hydration (8-10 glasses daily) · Magnesium-rich foods for cramps and sleep

# Protein

Protein is a non-negotiable at every meal. It builds your baby's cells, supports your expanding blood volume, and keeps your energy and blood sugar steadier throughout the day.

- Eggs (free-range)
- Salmon (fresh or frozen)
- Sardines (tinned)
- Mackerel (tinned or fresh)
- Chicken thighs
- Grass-fed beef mince
- Lamb
- Prawns
- Full-fat Greek yoghurt
- Cottage cheese
- Cheddar or hard cheese
- Lentils (red or green)
- Chickpeas
- Black beans
- Tofu (firm)

# Grains & Carbohydrates

Carbohydrates are not the enemy. They're the energy your body needs. The goal is to pair them with protein and fat, not to avoid them.

- Oats (rolled)
- Brown rice
- Quinoa
- Sourdough bread
- Sweet potato / rice cakes
- Whole grain pasta

# Vegetables & fruits

Whole food sources of folate, iron, vitamin C, and fibre. Aim for colour and variety, and wash everything well. Frozen counts, it's just as nutritious as fresh.

- Spinach
- Kale or cavolo nero
- Broccoli
- Sweet potato
- Avocado
- Beetroot
- Red and yellow peppers
- Courgette
- Frozen peas
- Frozen edamame
- Tomatoes
- Cucumber
- Berries (fresh or frozen)
- Banana B6
- Kiwi fruit
- Lemons

# Fermented Foods

A healthy gut supports immune function, digestion, and nutrient absorption, all of which matter enormously in pregnancy. Introduce fermented foods gradually if they're new to you.

- Kefir (plain)
- Natural yoghurt (live cultures)
- Kimchi or sauerkraut
- Miso paste

# Nuts, seeds & healthy fats

Fats are critical in pregnancy for your baby's brain development, your hormones, and absorbing fat-soluble vitamins. Don't be afraid of them.

- Almonds
- Walnuts
- Cashews
- Pumpkin seeds
- Sunflower seeds
- Flaxseeds (ground)
- Chia seeds
- Hemp seeds
- Almond butter or nut butter
- Full-fat milk
- Butter (grass-fed)
- Extra virgin olive oil
- Coconut oil
- Full-fat coconut milk (tinned)

# Cupboard Staples

The foundation of a well-stocked kitchen. Most of these have a long shelf life and make nourishing meals far easier on the days when cooking from scratch isn't happening.

- Bone broth (good quality)
- Tinned tomatoes
- Dried lentils / chickpeas
- Apple cider vinegar
- Dark chocolate (85%+)
- Medjool dates ( from 36 weeks))
- Nutritional yeast
- Prunes
- Seaweed snacks (nori)
- Turmeric
- Cinnamon
- Garlic
- Fresh ginger
- Peppermint tea
- Ginger tea
- Rooibos tea
- Sparkling water
- Lemon balm tea

# *Questions?*

If this guide has left you wanting more, a free Discovery Call is the next step. It is a free 20 minute session where we can look at where you are now, what you are trying to move towards, and how I might be able to help.

To book your Discovery Call:

<https://stan.store/Nourishedbykimberley/p/book-a-discovery-call-with-me-ndlbfea3>