

# Recipes for Pre-conception and The First 1000 Days

Below are some recipes to assist aspiring and current mothers when meal planning. Each recipe contains nutrients and suggestions of foods that can be swapped out to suit dietary preferences and to offer variety throughout pre-conception and The First 1000 Days.

Each has been designed by paediatric nutritionist, Mandy Sacher, to deliver the nutrients required by mothers and mothers-to-be. Please see below example recipes for breakfast, lunch, a snack and dinner and can be supplemented with a pregnancy specific multivitamin to ensure the recommended daily intake (RDI) requirements of each micronutrient are met.



## BREAKFAST

# Overnight Bircher Muesli



preparation time: **10 minutes**



refrigeration time: **+7 hours**



servings: **2**



difficulty: **beginner**

### Ingredients

- 1 cup (120g) rolled oats
- 1 cup (250ml) milk of choice
- ¾ cup (120g) mixed nuts and seeds of choice, crushed in a blender
- 1 tbsp (15g) goji berries
- 1 medium-sized pear (120g), peeled and grated
- ½ cup (130g) natural yoghurt
- ½ tsp (1g) ground cinnamon
- 1 tbsp (20ml) raw honey
- ¼ cup (40g) fresh or frozen berries

### Preparation

1. Place oats, milk, nuts and seeds, goji berries and pear in a bowl and mix to combine with a wooden spoon.
2. Cover and refrigerate for 7 hours, or overnight.
3. Add yoghurt, cinnamon and honey and mix to combine.
4. Transfer to 2 bowls and serve with berries on top.

**Serving and storing leftovers:** Serve immediately or store in the fridge for up to 3 days.

### Equipment

Blender, bowl, wooden spoon

**Dietary:** Vegetarian, Egg Free

**Nutrients:** Folate, magnesium, calcium, iron and zinc

**Allergens:** Wheat, Dairy, Nuts

### TIPS

#### DIETARIES:

- For a dairy-free version: Swap milk for almond, coconut, oat or soy milk and natural yoghurt for coconut yoghurt or any plant-based yoghurt of choice.
- For a gluten-free version: Swap oats for quinoa flakes.
- For a nut-free version: Swap nuts for seeds.

#### EASY INGREDIENT SWAPS:

- Swap pear for apple.
- Swap goji berries for dried fruit of choice.
- Swap honey for maple syrup.

#### ADDITIONAL BOOSTERS:

Add pregnancy-friendly protein powder.



LUNCH/DINNER

# Cheesy Cauliflower Pizza



preparation time: **10 minutes**



cooking time: **25-30 minutes**



servings: **2**



difficulty: **beginner**

## Ingredients

2 cups (200g) cauliflower florets, roughly chopped  
 1 egg, lightly whisked  
 ½ cup (55g) grated cheese  
 1 cup (120g) almond meal  
 1 tsp (2g) dried oregano  
 Sea salt and cracked pepper, to taste  
 1 tbsp (20ml) extra virgin olive oil, for greasing

### Toppings:

1/3 cup (80ml) tomato passata  
 ½ mozzarella ball, sliced  
 Fresh basil leaves

### Optional:

Olives, mushrooms, capsicum, zucchini, shredded cooked chicken, grated cheese

## Equipment

High-speed food processor, whisk, baking tray, baking paper, large bowl and a tea towel

**Dietary:** Vegetarian, Gluten Free

**Nutrients:** Calcium, nicotinamide, folate, biotin and riboflavin

**Allergens:** Egg, Dairy, Nuts

## Preparation

1. Preheat oven to 180°C and line a baking tray with baking paper.
2. Place cauliflower florets into a food processor and process until finely crumbed.
3. Place processed cauliflower in a clean tea towel or cheese cloth and squeeze out excess water.
4. Transfer processed cauliflower to a large bowl and add remaining ingredients, aside from oil. Mix until a soft dough forms.
5. Brush olive oil over baking paper. Add cauliflower dough and spread out until 0.5-1 cm thick.
6. Bake in oven for 20 mins.
7. Remove from oven and spread base evenly with tomato passata.
8. Top with mozzarella cheese and toppings of choice and bake for a further 5-10 mins or until cheese is melted and edges are golden and crisp.

**Serving and storing leftovers:** Serve immediately, store in fridge for up to 4 days or freeze prebaked base for up to 1-2 months.

## TIPS

- For a crispier base, place processed cauliflower in a large frying pan and fry over medium heat for 3-4 mins, stirring frequently, then proceed with step 3.
- To save time, make double the batch of the dough, pre-bake pizza bases and freeze for a quick meal.

### DIETARIES:

- For an egg-free version: Use a store-bought egg replacer.
- For a dairy-free version: Swap grated cheese for a plant-based grated cheese and omit mozzarella.

- For a nut-free version: Swap almond meal for seed meal or coconut flour.

### EASY INGREDIENT SWAPS:

- Swap mozzarella cheese for bocconcini or yellow cheese.
- Use toppings of choice.

### ADDITIONAL BOOSTERS:

Use spinach, rocket, or kale as a topping for the pizza.



SNACK

# Dark Chocolate Bliss Balls



preparation time: **20 minutes**



servings: **24**



difficulty: **beginner**

## Ingredients

¾ cups (130g) almonds  
 ½ cup (85g) pepitas  
 1 tbsp (16g) chia seeds  
 1 ½ cups (320g) soft Medjool dates, pitted  
 4 tbsp (80ml) tahini  
 2 tbsp (15g) raw cacao  
 ½ tsp (1g) ground cinnamon  
 1 tsp (5ml) vanilla extract

### Toppings:

200g dark chocolate (→70%), melted

## Preparation

1. Place all nuts and seeds into a high-speed processor and process until they reach a flour-like consistency.
2. Add dates and process again until dates are chopped finely.
3. Add remaining ingredients and process until well combined.
4. Roll into small balls, about 1 tbsp in size, dip into melted dark chocolate and place into the freezer for 30 mins on a lined baking tray.
5. Alternatively, you can also drizzle the chocolate on top.

**Serving and storing leftovers:** Store in an airtight container in the fridge for up to 14 days, or freeze for up to 4 months.

## TIPS

- To save time, you can also press the mixture into a clean baking tray or roll out with a rolling pin to approximately 2 cm thickness, drizzle with chocolate and cut into squares.

### DIETARIES:

- For a nut-free version: Swap nuts for more seeds or oats but then the recipe is no longer gluten-free.

### EASY INGREDIENT SWAPS:

- Swap almonds for nuts of choice.
- Swap pepitas for seeds of choice.
- Swap tahini for a nut or seed butter or coconut oil.

### ADDITIONAL BOOSTERS:

Add a pregnancy friendly protein powder to the mix before processing.

LUNCH/DINNER

# Miso Salmon Poke Bowl



preparation time: **10 minutes**



cooking time: **10 minutes**



servings: **2**



difficulty: **beginner**

## Ingredients

2 salmon fillets (600g), no skin and bones

### Salmon marinade:

1 ½ tbsp (35g) Shiro miso paste  
1 tbsp (20ml) rice vinegar  
1 tbsp (20ml) tamari or low-sodium soy sauce

1 tbsp (20ml) mirin  
1 tsp (5ml) sesame oil  
1 tsp (5g) minced ginger

### Bowl ingredients:

2/3 cups cooked brown rice  
2/3 cups shelled edamame  
¼ red cabbage, rinsed and thinly sliced  
2 handfuls baby spinach, rinsed

1 cucumber, rinsed and sliced  
2 radishes, rinsed and sliced  
1 red onion, peeled and finely sliced

### Toppings:

Lemon or lime  
Olive oil  
Sesame seeds  
Sea salt and cracked pepper

## Equipment

Large bowl, deep dish and a frying pan

**Dietary:** Egg Free, Dairy Free, Nut Free, Gluten Free

**Nutrients:** Vitamin D, vitamin B12, zinc, thiamine and iodine

**Allergens:** Fish, Sesame

## Preparation

1. To make the marinade combine miso paste, vinegar, tamari, mirin and ginger in a large bowl.
2. Place salmon in a deep dish and cover with marinade. Let sit covered in the fridge for at least 1 hour or overnight.
3. Heat a frying pan on medium heat.
4. Drain salmon and cook for 3 mins each side. Allow to rest for 5 min before serving.
5. To assemble the poke bowl, divide bowl ingredients between two bowls.
6. Top with cooked salmon, sprinkle with sesame seeds and drizzle with lemon and olive oil.
7. Season with sea salt and cracked pepper.

**Serving and storing leftovers:** Serve immediately, store in an airtight container in the fridge for up to 3 days or freeze for up to 4 months.

## TIPS

### DIETARIES:

- For a fish-free version: Swap salmon for chicken.
- For a vegetarian version: Swap salmon for tofu.

### EASY INGREDIENT SWAPS:

- Swap brown rice for cooked quinoa.

- Swap vegetables for seasonal vegetables of choice.

### ADDITIONAL BOOSTERS:

- Add avocado to the poke bowl.



## About Our Chef

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](http://www.mandysacher.com) or follow her on @mandy\_sacher.