

A RECIPE COLLECTION FOR TWO

Little steps, nourishing meals.

10 comforting, pregnancy-friendly recipes



Breakfast / Lunch / Dinner / Snack

Every recipe serves two. Everyday ingredients. Simple methods.

A practical guide to cooking well during pregnancy.

Independently written recipes - not excerpts from the book.

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Breakfast / 15 min



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Snack / 10 min



Includes interactive recipe links & an iPhone shopping companion

Spinach & Cheese Omelette with Wholegrain Bread



INGREDIENTS

- 4 eggs
- 150 g fresh spinach
- 100 g fresh tomatoes
- 50 g grated Gouda
- 1 tsp rapeseed oil
- 4 slices wholegrain bread

METHOD

- 1 Wash the spinach thoroughly. Heat the oil in a frying pan and cook the spinach until wilted.
- 2 Dice the tomatoes and add them to the pan.
- 3 Beat the eggs, combine with the cheese and pour over the vegetables. Cook gently until the egg is completely set.
- 4 Serve with wholegrain bread.

A HELPFUL REMINDER

Cook eggs thoroughly during pregnancy.

Skyr Oat Bowl with Warm Blueberries



INGREDIENTS

- 300 g plain skyr
 - 80 g rolled oats
 - 200 g frozen blueberries
 - 30 g walnuts
 - Ground cinnamon, to taste
- 100 ml water (not needed on the shopping list)*

METHOD

- 1 Bring the oats and 100 ml water to a gentle boil; simmer until creamy.
- 2 In a separate saucepan, bring the frozen blueberries to a full boil and simmer for several minutes.
- 3 Divide the oats and skyr between two bowls and top with the warm berries.
- 4 Sprinkle with chopped walnuts and cinnamon.

A HELPFUL REMINDER

Heat frozen berries thoroughly before eating.

Chickpea Shakshuka



INGREDIENTS

- 4 eggs
- 1 can chickpeas (about 240 g drained)
- 1 can chopped tomatoes (400 g)
- 1 red bell pepper
- 1 onion
- 1 tbsp rapeseed oil
- Paprika powder, to taste
- 2 slices wholegrain bread

METHOD

- 1 Finely chop the onion and pepper; saute in the oil.
- 2 Rinse the chickpeas and add them with the chopped tomatoes. Simmer for 10 minutes.
- 3 Make four wells, crack an egg into each, cover and cook until both whites and yolks are fully set.
- 4 Serve with wholegrain bread.

A HELPFUL REMINDER

Do not leave the yolks runny.

Red Lentil & Carrot Soup



INGREDIENTS

- 160 g dried red lentils
- 2 carrots
- 1 onion
- 100 g fresh spinach
- 750 ml vegetable stock
- 100 g plain yogurt
- 1 tbsp rapeseed oil

METHOD

- 1 Finely chop the onion and carrots, then saute them in the oil.
- 2 Add the rinsed lentils and stock and simmer for 15-20 minutes, until the lentils are soft.
- 3 Stir in the washed spinach and cook until wilted.
- 4 Blend if desired and serve with a spoonful of plain yogurt.

A HELPFUL REMINDER

Use yogurt made from pasteurised milk.

Herbed Quark Potatoes with Eggs & Vegetables



INGREDIENTS

- 500 g potatoes
- 300 g low-fat quark
- 2 eggs
- 1/2 cucumber
- 2 fresh tomatoes
- Fresh chives, to taste
- 2-3 tbsp milk
- Iodised salt, to taste

METHOD

- 1 Boil the potatoes until tender; hard-boil the eggs.
- 2 Mix the quark with a little milk, finely chopped chives and a pinch of iodised salt.
- 3 Wash and slice the cucumber and tomatoes.
- 4 Serve the warm potatoes with herbed quark, the vegetables and halved eggs.

A HELPFUL REMINDER

Use quark and milk made from pasteurised milk.

Oven-Baked Salmon with Broccoli & Quinoa



INGREDIENTS

- 300 g salmon fillet
- 350 g broccoli
- 120 g dry quinoa
- 1 lemon
- 1 tbsp rapeseed oil
- Fresh herbs, to taste

METHOD

- 1 Rinse and cook the quinoa according to the package instructions.
- 2 Cut the broccoli into florets and steam for about 6-8 minutes.
- 3 Place the salmon in an oven dish, drizzle with oil and lemon, then add herbs. Bake at 190 C for approximately 15-20 minutes, until completely cooked through.
- 4 Serve the salmon with the quinoa and broccoli.

A HELPFUL REMINDER

Choose low-mercury fish and cook it fully through.

Oven-Baked Trout with Potatoes & Vegetables



INGREDIENTS

- 300 g trout fillet
- 400 g potatoes
- 1 zucchini
- 2 carrots
- 1 tbsp rapeseed oil
- 1/2 lemon
- Fresh dill, to taste

METHOD

- 1 Heat the oven to 200 C. Chop the potatoes and carrots, toss with the oil and roast for about 20 minutes.
- 2 Cut the zucchini into chunks and add to the tray with the trout.
- 3 Season with lemon and dill. Continue baking for about 12-18 minutes, until the fish and vegetables are fully cooked.
- 4 Serve straight from the tray.

A HELPFUL REMINDER

Salmon and trout can be the two fish meals of your week.

Turkey Meatballs with Wholegrain Pasta



INGREDIENTS

- 300 g minced turkey
- 1 egg
- 160 g dry wholegrain pasta
- 400 g tomato passata
- 1 onion
- 1 tbsp rapeseed oil
- Dried oregano, to taste

METHOD

- 1 Mix the minced turkey with the egg and oregano, then roll into small meatballs.
- 2 Brown the meatballs on all sides in the oil.
- 3 Add the chopped onion and passata; simmer for about 15 minutes, until the meatballs are thoroughly cooked with no pink centre.
- 4 Cook the pasta according to the package instructions and serve with the sauce.

A HELPFUL REMINDER

Ensure minced poultry is fully cooked.

Chickpea & Spinach Curry with Brown Rice



INGREDIENTS

- 1 can chickpeas (about 240 g drained)
- 200 g fresh spinach
- 1 can chopped tomatoes (400 g)
- 120 g dry brown rice
- 1 onion
- 1 tbsp rapeseed oil
- Mild curry powder, to taste

METHOD

- 1 Cook the brown rice according to the package instructions.
- 2 Saute the chopped onion and curry powder in the oil.
- 3 Add the rinsed chickpeas and chopped tomatoes; simmer for 15 minutes.
- 4 Stir in the washed spinach and cook until wilted. Serve with rice.

A HELPFUL REMINDER

A budget-friendly meat-free main dish.

Warm Apple-Cinnamon Quark



INGREDIENTS

- 300 g low-fat quark
 - 2 apples
 - 30 g almonds
 - 1 tsp rapeseed oil
 - Ground cinnamon, to taste
- A splash of water or milk (optional)*

METHOD

- 1 Wash and dice the apples, then cook in a pan with the oil, cinnamon and a splash of water until softened (about 5-7 minutes).
- 2 Stir the quark with a little water or milk until creamy.
- 3 Divide the quark between two bowls and spoon the warm apples over the top.
- 4 Finish with chopped almonds.

A HELPFUL REMINDER

Use quark made from pasteurised milk.

Eat well. Stay safe.

Small details that matter during pregnancy.

- **Cook everything properly**

Eggs should be fully set. Cook fish and meat all the way through; pay particular attention to minced poultry.

- **Wash and heat with care**

Wash fresh produce thoroughly and bring frozen berries to a full boil before serving.

- **Choose pasteurised dairy**

Use milk, yogurt, quark, skyr and cheese made from pasteurised milk.

- **Aim for balance, not rigid rules**

A varied diet matters more than eliminating carbohydrate or trying to avoid every blood-sugar rise.

- **Get personalised advice**

Individual needs, food allergies, supplements and gestational diabetes should be discussed with your maternity care team.

ABOUT THIS BOOKLET

These are ten independently developed recipes inspired by broad pregnancy nutrition themes. They are not copies of recipes from Jessie Inchauspe's book. Food images are illustrative. Lidl and Edeka are not sponsors; shop availability and prices are not verified.

Open the separate companion HTML shopping planner in Safari once hosted.