

# BOOKLET

# MENU IBU HAMIL



**MI BIHUN  
SAYUR**



**SAYUR  
DAUN  
MLINJO**



**SMOTHIES  
FRUIT**



## MI BIHUN SAYUR

**Mi = 200gram (1 porsi)  
Kapri = 1/2 porsi**

## SMOTHIES FRUIT'S

**Buah bluebery 5 gram  
Gula 3 sdm**

## SAYUR DAUN MLINJO

**Daun mlinjo = 150 gram  
(1 1/2 porsi)**