

Foods rich in omega 3 fatty acids will help your baby's brain development. We've highlighted in brown foods that are rich in omega 3 fatty acids. Calcium and vitamin D help to grow strong bones and teeth. We've highlighted in blue foods that are rich in calcium.

Betacarotene is important for healthy skin and blood. We've highlighted in light orange foods that are rich in betacarotene. You'll need plenty of iron-rich foods to help your body make red blood cells for your growing baby. We've highlighted in green foods that contain iron.

Throughout pregnancy, you need to limit your **caffeine** intake. We have highlighted in **dark orange** the foods containing **caffeine**.

Tip: Keep a pack of almonds in your desk drawer in office for an easy-to-eat and nutrient-rich energy boost.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul> <li>Vegetable vermicelli upma</li> <li>Sweet lime juice</li> </ul>	Fruit salad	<ul> <li>Curd rice</li> <li>Spicy yam</li> <li>Mango pickle</li> </ul>	<ul> <li>Ginger tea</li> <li>Chickpeas sundal</li> </ul>	<ul> <li>Bengal gram dal with snake gourd and peanuts</li> <li>Buttermilk (moru/majjige)</li> <li>Chapati</li> </ul>
Tuesday	<ul> <li>Tomato and cheese sandwich</li> <li>Almond milk</li> </ul>	Mango	<ul> <li>Mint rice</li> <li>Crispy potatoes</li> <li>Curd</li> <li>Roasted papad</li> </ul>	<ul> <li>Pomegranate juice</li> <li>Mixed sprouts</li> </ul>	<ul> <li>Kidney beans curry</li> <li>Cucumber and onion raita</li> <li>Parotta</li> </ul>
Wednesday	<ul> <li>Finger millet (<i>ragi</i>) porridge</li> <li>Watermelon juice</li> </ul>	Orange	<ul> <li>Brinjal rice (vangi bhaat) with peas</li> <li>Carrot palya/poriyal</li> <li>Cucumber raita</li> </ul>	Almond milk     Oats upma	<ul> <li>Potato and cauliflower masala dosa</li> <li>Tomato chutney</li> </ul>
Thursday	<ul> <li>Carrot and capsicum uthappam</li> <li>Tomato and onion chutney</li> <li>Coffee</li> </ul>	Apple and walnut salad	<ul> <li>Vegetable <i>biryani</i> with soya chunks (meal maker)</li> <li>Onion <i>raita</i></li> </ul>	<ul> <li>Tender coconut water</li> <li>Puffed rice with peanuts</li> </ul>	<ul> <li>Broken wheat (samba rava) upma with vegetables</li> <li>Curd</li> </ul>
Friday	<ul> <li>Wholewheat flakes with fruits and milk</li> <li>Orange juice</li> </ul>	Handful of mixed <b>nuts</b> and dried fruit	<ul> <li>Red lentils dal with spinach</li> <li>Snake gourd palya/poriyal</li> <li>Garlic rasam</li> <li>Rice</li> </ul>	<ul> <li>Buttermilk (moru/majjige)</li> <li>Vegetable samosa</li> </ul>	<ul> <li>Mixed vegetable <i>idli</i></li> <li>Coriander coconut chutney</li> </ul>
Saturday	<ul> <li>Black chickpeas curry</li> <li>Chapati</li> <li>Sweet lime juice</li> </ul>	Grapes	<ul> <li>Brinjal sambhar</li> <li>Sweet potato masala dry</li> <li>Curd</li> <li>Rice</li> </ul>	<ul> <li>Mango juice</li> <li>Wheat rusk</li> </ul>	<ul> <li>Ridge gourd chutney</li> <li>Green gram and tomato curry</li> <li>Finger millet (ragi) dosa/ chapati</li> </ul>
Sunday	<ul> <li>Semolina (<i>rava</i>) <i>idli</i></li> <li>Mint chutney</li> <li>Pineapple juice</li> </ul>	Watermelon	<ul> <li>Mushroom and capsicum curry</li> <li>Beetroot <i>kosambaril kosumalli</i></li> <li>Pepper <i>rasam</i></li> <li>Rice</li> </ul>	<ul> <li>Sapota milkshake</li> <li>Sweet corn sundal</li> </ul>	<ul> <li>Chickpeas curry</li> <li>Cabbage palya/poriyal</li> <li>Chapati</li> </ul>