

You need plenty of **energy** in the third trimester. We've highlighted in **brown** foods that will give you an **energy boost**. **Vitamin K** helps your blood to clot, which is important after birth. We've highlighted in **light orange** foods that are rich in **vitamin K**.

You'll need plenty of iron-rich foods as well 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: You need between 200 and 300 extra calories in the third trimester, so make sure you have morning and afternoon snacks!

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	French toast     Coconut water (nariyal pani)	Sapodilla ( <i>chikoo</i> )	<ul> <li>Mung bean (moong) dal</li> <li>Mushroom and tomato (khumb tamatar) sabzi</li> <li>Beetroot and onion (chukandar pyaaz) salad</li> <li>Mixed flour (missi) roti</li> </ul>	Lemonade (nimbu pani) Puffed rice (murmura) with peanuts (moongphali)	Mutton curry     Coriander (dhaniya)     rice     Onion and tomato     (pyaaz tamatar) raita
Tuesday	Wholewheat cereal with sliced banana (kela) and milk	Custard apple (sitaphal)	Soya and pea (matar) curry     Capsicum (shimla mirch) and cauliflower (phool gobhi) sabzi     Parantha	Buttermilk     (chhaach)     Revri	Black gram (urad) dal Fenugreek potato (methi aloo) sabzi Curd (dahi) Chapati/rice
Wednesday	<ul> <li>Oats porridge (jai daliya) with milk and dates (khajoor)</li> <li>Orange (santara) juice</li> </ul>	Mango (aam)	<ul> <li>Cottage cheese (paneer) curry</li> <li>Okra (bhindi) sabzi</li> <li>Chapati/rice</li> </ul>	<ul> <li>Coconut water (nariyal pani)</li> <li>Sweet potato (shakarkandi) chaat</li> </ul>	Mixed (milijhuli) dal     Chicken tikka     Green gram (hari moong) sprouts salad     Chapati/rice
Thursday	Scrambled egg (bhurji)     Wholewheat toast     Mango (aam) milkshake	Watermelon (tarbooj)	<ul> <li>Kidney beans (rajma)</li> <li>Cabbage (patta gobhi) sabzi</li> <li>Cumin (jeera) rice</li> <li>Raita</li> </ul>	Jal jeera     Cucumber     (kheera) and     carrot (gajar)     sticks	Minced meat with peas (keema matar)     Beetroot (chukandar) sabzi     Chapati/rice
Friday	Semolina (suji) and vegetable cheela     Pineapple (ananaas) juice	Pear (nashpati)	Bottle gourd (lauki) kofta curry Radish (mooli) salad Chickpea flour (besan) roti	<ul> <li>Lassi</li> <li>Banana (kela)</li> <li>walnut</li> <li>(akhrot) salad</li> </ul>	<ul> <li>Tandoori chicken</li> <li>Beans and carrot (beens gajar) sabzi</li> <li>Curd (dahi)</li> <li>Chapati</li> </ul>
Saturday	Green gram (hari moong) sprouts parantha     Sweet lime (mausambi) juice	Papaya (papita)	<ul> <li>Red lentil (masoor) dal</li> <li>Round gourd (tinda) sabzi</li> <li>Cucumber (kheera) raita</li> <li>Mint (pudina) parantha</li> </ul>	Mango (aam)     panna     Roasted     chickpeas     (chana)	Karahi chicken     Cumin (jeera) rice     Onion cucumber     (pyaaz kheera) salad
Sunday	<ul> <li>Masala dosa with potato and peas (aloo matar)</li> <li>Coconut (nariyal) chutney</li> <li>Coffee</li> </ul>	Muskmelon ( <i>kharbooja</i> )	<ul> <li>Amaranth greens (chauli saag)</li> <li>Tomato (tamatar) chutney</li> <li>Pearl millet (bajra) roti</li> </ul>	Orange and carrot (santara gajar) juice     Handful of nuts	Mutton biryani     Mint and onion     (pudina pyaaz) raita