

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:** Don't lie down for at least three hours after eating to avoid heartburn.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>Chickpea flour (<b>besan</b>) <b>cheela</b></li> <li>Mint (<b>pudina</b>) chutney</li> <li>Coconut water (<b>nariyal pani</b>)</li> </ul>	Sapodilla ( <b>chikoo</b> )	<ul style="list-style-type: none"> <li>Vegetable <i>khichdi</i></li> <li>Pomegranate (<b>anaar</b>) <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li>Lassi</li> <li>Puffed rice (<b>murmura</b>) with roasted peanuts (<b>moongphali</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Fried <b>fish</b></li> <li>Cauliflower and <b>peas</b> (<b>gobhi matar</b>) <i>sabzi</i></li> <li>Tomato onion (<b>tamatar pyaaz</b>) <i>raita</i></li> <li><b>Chapati/rice</b></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Masala <b>omelette</b></li> <li>Wholewheat toast</li> <li>Banana (<b>kela</b>) milkshake</li> </ul>	Watermelon ( <b>tarboo</b> )	<ul style="list-style-type: none"> <li>Black gram (<b>urad</b>) <i>dal</i></li> <li>Fenugreek and potato (<b>methi aloo</b>) <i>sabzi</i></li> <li>Multi grain <b>chapati/rice</b></li> </ul>	<ul style="list-style-type: none"> <li>Mango (<b>aam</b>) milkshake</li> <li>Carrot (<b>gajar</b>) sticks</li> </ul>	<ul style="list-style-type: none"> <li>Minced meat (<b>keema</b>) <i>kofta</i></li> <li>Runner beans (<b>sem</b>) <i>sabzi</i></li> <li>Cucumber radish (<b>kheera mooli</b>) salad</li> <li><b>Chapati/rice</b></li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Grilled cheese <b>sandwich</b></li> <li><b>Coffee</b></li> </ul>	Pear ( <b>nashpati</b> )	<ul style="list-style-type: none"> <li>Soya and vegetable curry</li> <li>Radish and <b>spring onion</b> (<b>mooli hari pyaaz</b>) salad</li> <li>Curd (<b>dahi</b>)</li> <li>Finger millet (<b>ragi</b>) <i>roti</i></li> </ul>	<ul style="list-style-type: none"> <li>Sweetlime (<b>mausambi</b>) juice</li> <li>Corn (<b>makka</b>) <i>chaat</i></li> </ul>	<ul style="list-style-type: none"> <li>Tandoori <b>chicken</b></li> <li>Okra (<b>bhindi</b>) <i>sabzi</i></li> <li>Pomegranate (<b>anaar</b>) <i>raita</i></li> <li><b>Chapati/rice</b></li> </ul>
Thursday	<ul style="list-style-type: none"> <li>Wheat porridge (<b>daliya</b>) with <b>nuts</b> and milk</li> <li>Peach (<b>aadoo</b>)</li> </ul>	Apple ( <b>seb</b> )	<ul style="list-style-type: none"> <li>Egg curry</li> <li>Cabbage tomato (<b>patta-gobhi tamatar</b>) <i>sabzi</i></li> <li><b>Chapati/rice</b></li> </ul>	<ul style="list-style-type: none"> <li>Jal jeera</li> <li>Chickpeas (<b>chhole</b>) <i>chaat</i></li> </ul>	<ul style="list-style-type: none"> <li>Spinach and cottage cheese (<b>paalak paneer</b>)</li> <li>Stuffed pointed gourd (<b>bharwa parwal</b>) <i>sabzi</i></li> <li>Pearl millet (<b>bajra</b>) <i>roti/rice</i></li> </ul>
Friday	<ul style="list-style-type: none"> <li>Sesame toast</li> <li>Papaya (<b>papita</b>) smoothie</li> </ul>	Guava ( <b>amrud</b> )	<ul style="list-style-type: none"> <li>Mustard greens (<b>sarson ka saag</b>)</li> <li>Jaggery (<b>gur</b>) and curd (<b>dahi</b>)</li> <li><b>Makke ki roti</b></li> </ul>	<ul style="list-style-type: none"> <li>Buttermilk (<b>chhaach</b>)</li> <li>Grapes (<b>angoor</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Fish curry</li> <li>Potato and brinjal (<b>aloo baingan</b>)</li> <li>Carrot and beetroot (<b>gajar chukandar</b>) salad</li> <li>Rice</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Semolina (<b>rava</b>) <i>dosa</i></li> <li>Coconut (<b>nariyal</b>) chutney</li> <li><b>Tea</b></li> </ul>	Banana ( <b>kela</b> )	<ul style="list-style-type: none"> <li>Besan (<b>gatta</b>) curry</li> <li>Bottle gourd (<b>lauki</b>) <i>sabzi</i></li> <li>Sorghum flour (<b>jowar</b>) <i>roti/rice</i></li> </ul>	<ul style="list-style-type: none"> <li>Coconut water (<b>nariyal pani</b>)</li> <li>Mixed nuts and dates (<b>khajoor</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Turnip greens (<b>shalgam saag</b>) and mutton curry</li> <li><b>Chapati/rice</b></li> </ul>
Sunday	<ul style="list-style-type: none"> <li>Scrambled <b>eggs</b></li> <li>Wholewheat toast</li> <li>Glass of milk</li> </ul>	Fig ( <b>anjir</b> ) smoothie	<ul style="list-style-type: none"> <li>Chicken <i>do pyaza</i></li> <li>Spicy brinjal (<b>masala baingan</b>) <i>sabzi</i></li> <li>Cucumber (<b>kheera</b>) <i>raita</i></li> <li><b>Chapati/rice</b></li> </ul>	<ul style="list-style-type: none"> <li>Lemonade (<b>nimbu pani</b>)</li> <li>Flattened <b>rice</b> with <b>peas</b> (<b>matar poha</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Red lentil (<b>masoor</b>) <i>dal</i></li> <li>Colocasia and <b>fenugreek</b> (<b>arbi methi</b>) <i>sabzi</i></li> <li>Curd (<b>dahi</b>)</li> <li><b>Chapati/rice</b></li> </ul>