

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:** Reduce the level of spice in your food if you're suffering from acidity.

	Breakfast	Snack	Lunch	Snack	Dinner
<b>Monday</b>	<ul style="list-style-type: none"> <li>• <b>Wholewheat</b> toast with cheese</li> <li>• Coconut water (<i>nariyal pani</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pomegranate</b> (<i>anaar</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Peas</b> and foxnut (<i>matar makhana</i>) curry</li> <li>• Bitter gourd (<i>karela</i>) <i>sabzi</i></li> <li>• Curd (<i>dahi</i>)</li> <li>• <b>Pearl millet</b> (<i>bajra</i>) <i>roti</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tea</b></li> <li>• <b>Wheat</b> rusk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Fish</b> curry</li> <li>• <b>Beans</b> (<i>beens</i>) <i>sabzi</i></li> <li>• <b>Chapati</b>/rice</li> </ul>
<b>Tuesday</b>	<ul style="list-style-type: none"> <li>• <b>Egg</b> <i>parantha</i></li> <li>• <i>Lassi</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Banana</b> (<i>kela</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Red lentils</b> (<i>masoor</i>) <i>dal</i></li> <li>• <b>Okra</b> (<i>bhindi</i>) <i>sabzi</i></li> <li>• Pineapple (<i>ananaas</i>) <i>raita</i></li> <li>• <b>Chapati</b>/rice</li> </ul>	<ul style="list-style-type: none"> <li>• Apple (<i>seb</i>) and <b>carrot</b> (<i>gajar</i>) juice</li> <li>• <b>Puffed rice</b> (<i>murmura</i>) with <b>peanuts</b> (<i>moongphali</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lamb's quarter</b> (<i>bathua</i>) <i>dal</i></li> <li>• <b>Tawa</b> <b>chicken</b></li> <li>• <b>Chapati</b>/rice</li> </ul>
<b>Wednesday</b>	<ul style="list-style-type: none"> <li>• <b>Chickpea</b> flour (<i>besan</i>) <i>cheela</i></li> <li>• <b>Coriander</b> chutney</li> <li>• <b>Mango</b> (<i>aam</i>) milkshake</li> </ul>	<ul style="list-style-type: none"> <li>• Pear (<i>nashpati</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mung bean</b> (<i>moong</i>) <i>dal</i></li> <li>• <b>Green banana</b> (<i>kachcha kela</i>) <i>sabzi</i></li> <li>• Curd (<i>dahi</i>)</li> <li>• <b>Rice</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade (<i>nimbu pani</i>)</li> <li>• <i>Dhokla</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chicken</b> <i>korma</i></li> <li>• Stuffed brinjal (<i>bharwa baingan</i>)</li> <li>• <b>Chapati</b>/rice</li> </ul>
<b>Thursday</b>	<ul style="list-style-type: none"> <li>• <b>Chicken</b> ham sandwich</li> <li>• Milk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Grapes</b> (<i>angoor</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Roti</b> wrap with mushroom (<i>khumb</i>) and cottage cheese (<i>paneer</i>)</li> <li>• Mint (<i>pudina</i>) chutney</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sattu</b> drink</li> </ul>	<ul style="list-style-type: none"> <li>• Jackfruit (<i>katha</i>) curry</li> <li>• <b>Fish</b> <i>tikka</i></li> <li>• <b>Carrot</b> cucumber (<i>gajar kheera</i>) salad</li> <li>• <b>Chapati</b>/rice</li> </ul>
<b>Friday</b>	<ul style="list-style-type: none"> <li>• <b>Semolina</b> (<i>suji</i>) <i>upma</i> with <b>peanuts</b> (<i>moongphali</i>)</li> <li>• Buttermilk (<i>chhaach</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Mixed <b>nuts</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Black eyed peas</b> (<i>lobhia</i>)</li> <li>• Round gourd (<i>tinda</i>) <i>sabzi</i></li> <li>• <b>Fenugreek</b> (<i>methi</i>) <i>roti</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Almond</b> (<i>badaam</i>) milk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chicken</b> <i>biryani</i></li> <li>• Mint (<i>pudina</i>) <i>raita</i></li> </ul>
<b>Saturday</b>	<ul style="list-style-type: none"> <li>• Cucumber (<i>kheera</i>) sandwich</li> <li>• <b>Tea</b></li> </ul>	<ul style="list-style-type: none"> <li>• Papaya (<i>papita</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Besan</b> (<i>gatta</i>) curry</li> <li>• Onion (<i>pyaaz</i>) <i>parantha</i></li> </ul>	<ul style="list-style-type: none"> <li>• <i>Jal jeera</i></li> <li>• <b>Pomegranate</b> (<i>anaar</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Egg</b> curry</li> <li>• <b>Runner beans</b> (<i>sem</i>) <i>sabzi</i></li> <li>• <b>Coriander</b> (<i>dhaniya</i>) rice</li> </ul>
<b>Sunday</b>	<ul style="list-style-type: none"> <li>• <b>Flattened rice</b> with <b>peas</b> (<i>matar poha</i>)</li> <li>• Coconut water (<i>nariyal pani</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Watermelon (<i>tarbooj</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mutton</b> curry</li> <li>• Mixed vegetables</li> <li>• <b>Chapati</b>/rice</li> </ul>	<ul style="list-style-type: none"> <li>• Buttermilk (<i>chhaach</i>)</li> <li>• Steamed <b>green gram</b> (<i>hari moong</i>) <i>sprouts</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pigeon peas</b> (<i>arhar/toor</i>) <i>dal</i></li> <li>• <b>Potato</b> with cauliflower (<i>aloo gobhi</i>) <i>sabzi</i></li> <li>• Beetroot (<i>chukandar</i>) salad</li> <li>• <b>Chapati</b>/rice</li> </ul>