

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: Bananas are a good snack for early labour, as they release energy slowly.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> Boiled egg Wholewheat toast Milk 	Custard apple (<i>sitaphal</i>)	<ul style="list-style-type: none"> Mixed vegetable pulao Mint (<i>podina</i>) <i>raita</i> Cucumber (<i>kheera</i>) salad 	<ul style="list-style-type: none"> Fig (anjeer) and banana (kela) smoothie 	<ul style="list-style-type: none"> Mutton bhuna gosht Okra (bhindi) sabzi Chapati/rice
Tuesday	<ul style="list-style-type: none"> Oats porridge (<i>jai daliya</i>) with dates (khajoor) Banana (kela) milkshake 	Guava (<i>amrud</i>)	<ul style="list-style-type: none"> Peas and cottage cheese (<i>matar paneer</i>) curry Bitter gourd (<i>karela</i>) <i>sabzi</i> Chapati/rice 	<ul style="list-style-type: none"> Coconut water (<i>nariyal pani</i>) Sweet potato (shakarkandi) chaat 	<ul style="list-style-type: none"> Bengal gram (chana) dal with spinach (paalak) Chicken kebabs Chapati/rice
Wednesday	<ul style="list-style-type: none"> Radish (<i>mooli</i>) parantha Curd Coconut water (<i>nariyal pani</i>) 	Orange (<i>santara</i>)	<ul style="list-style-type: none"> Vegetable <i>kadhi</i> Chapati/rice Roasted <i>papad</i> 	<ul style="list-style-type: none"> Grape (angoor) juice Handful of nuts and raisins (<i>kishmish</i>) 	<ul style="list-style-type: none"> Mustard (<i>sarson</i>) fish curry Colocasia (arbi) sabzi Chapati/rice
Thursday	<ul style="list-style-type: none"> Tomato (<i>tamatar</i>) sandwich Glass of milk 	Watermelon (<i>tarbooj</i>)	<ul style="list-style-type: none"> Mixed (milijhuli) dal Pumpkin (<i>kaddu</i>) <i>sabzi</i> Beetroot (<i>chukandar</i>) salad Chapati/rice 	<ul style="list-style-type: none"> Mango (<i>aam</i>) <i>panna</i> Puffed rice (murmura) with peanuts (moongphali) 	<ul style="list-style-type: none"> Mutton biryani Tomato and onion (<i>tamatar pyaaz</i>) <i>raita</i>
Friday	<ul style="list-style-type: none"> Salted porridge (namkeen daliya) Sweetlime (<i>mausambi</i>) juice 	Apple (<i>seb</i>)	<ul style="list-style-type: none"> Cauliflower (<i>gobhi</i>) parantha <i>Raita</i> Mango pulp (aam ras) 	<ul style="list-style-type: none"> Buttermilk (<i>chhaach</i>) Wheat rusk 	<ul style="list-style-type: none"> Chicken meatballs (<i>kofta</i>) curry Spring onion and radish (<i>hari pyaaz mooli</i>) salad Rice
Saturday	<ul style="list-style-type: none"> Cheese toast Cold coffee 	Dates (khajoor)	<ul style="list-style-type: none"> Red lentils (masoor) dal Beans and coconut (<i>beens nariyal</i>) <i>sabzi</i> Chapati/rice 	<ul style="list-style-type: none"> <i>Lassi</i> Almonds (badaam) and walnuts (akhrot) 	<ul style="list-style-type: none"> Egg curry Round gourd (<i>tinda</i>) <i>sabzi</i> Carrot tomato (<i>gajar tamatar</i>) salad Rice
Sunday	<ul style="list-style-type: none"> Chickpea flour (besan) cheela Mint (<i>podina</i>) chutney Buttermilk (<i>chhaach</i>) 	Pear (<i>nashpati</i>)	<ul style="list-style-type: none"> Butter chicken Cauliflower potato (gobhi aloo) sabzi Pearl millet (bajra) roti/rice 	<ul style="list-style-type: none"> <i>Jal jeera</i> Roasted peanuts (moongphali) with green gram (hari moong) sprouts 	<ul style="list-style-type: none"> Black gram (urad) dal Mushroom and peas (khumb matar) Chapati/rice