

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 are suffering from acidity.

|           | Breakfast  | Snack                                 | Lunch   | Snack  | Dinner   |
|-----------|--|---------------------------------------|---|--|--|
| Monday    | <ul style="list-style-type: none"> <li>• <b>Idli</b></li> <li>• <b>Sambhar</b></li> <li>• Curry leaves and <b>coconut</b> chutney</li> </ul>       | Mixed <b>nuts</b>                     | <ul style="list-style-type: none"> <li>• <b>Chicken</b> curry</li> <li>• Bottle gourd <i>palya/poriyal</i></li> <li>• Curd</li> <li>• <b>Rice</b></li> </ul>                                      | <ul style="list-style-type: none"> <li>• Tender coconut water</li> <li>• <b>Sweetcorn</b> <i>sundal</i></li> </ul>                             | <ul style="list-style-type: none"> <li>• <b>Mixed lentils</b> and <b>rice</b> <i>dosa (ada)</i></li> <li>• Mixed vegetables in yoghurt gravy (<i>avial</i>)</li> </ul> |
| Tuesday   | <ul style="list-style-type: none"> <li>• <i>Ven pongal</i></li> <li>• <b>Coconut</b> chutney</li> <li>• <b>Coffee</b></li> </ul>                   | <b>Banana</b>                         | <ul style="list-style-type: none"> <li>• <b>Ladies finger</b> <i>sambhar</i></li> <li>• <b>Sweet potato</b> <i>palya/poriyal</i></li> <li>• Pepper <i>rasam</i></li> <li>• <b>Rice</b></li> </ul> | <ul style="list-style-type: none"> <li>• Sapota milkshake</li> <li>• <i>Murukku</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>Fenugreek greens</b> and <b>minced meat</b> curry</li> <li>• <b>Appam</b></li> </ul>                                       |
| Wednesday | <ul style="list-style-type: none"> <li>• <b>Egg</b> <i>dosa</i></li> <li>• Coriander <b>coconut</b> chutney</li> <li>• Lemonade</li> </ul>         | <b>Grapes</b>                         | <ul style="list-style-type: none"> <li>• Curd rice</li> <li>• <b>Chicken</b> <i>masala</i></li> <li>• Roasted <i>papad</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>Banana</b> milkshake</li> </ul>  | <ul style="list-style-type: none"> <li>• Radish <i>sambhar</i></li> <li>• <b>Carrot</b> <i>uthappam</i></li> </ul>   |
| Thursday  | <ul style="list-style-type: none"> <li>• <b>Flattened rice</b> (<i>aval/avalakki</i>) with <b>peanuts</b></li> <li>• <b>Almond</b> milk</li> </ul> | Handful of dried apricots and raisins | <ul style="list-style-type: none"> <li>• Mixed <b>sprouts</b> <i>pulao</i></li> <li>• Pumpkin <i>raita</i></li> </ul>   | <ul style="list-style-type: none"> <li>• <i>Rasam</i></li> <li>• <i>Vada</i></li> </ul>  | <ul style="list-style-type: none"> <li>• Mixed vegetable <i>idli</i></li> <li>• <b>Coconut</b> chutney</li> </ul>  |
| Friday    | <ul style="list-style-type: none"> <li>• Boiled <b>tapioca</b></li> <li>• <b>Fish</b> curry</li> <li>• Guava juice</li> </ul>                      | Apple                                 | <ul style="list-style-type: none"> <li>• <b>Chickpeas</b> curry</li> <li>• Garlic <i>rasam</i></li> <li>• <b>Chapati</b>/<b>rice</b></li> </ul>   | <ul style="list-style-type: none"> <li>• <b>Almond</b> milk</li> <li>• <b>Wheat</b> rusk</li> </ul>  | <ul style="list-style-type: none"> <li>• <b>Red lentils</b> and <b>spinach</b> <i>dal</i></li> <li>• <b>Egg</b> curry</li> <li>• <b>Chapati</b></li> </ul>             |
| Saturday  | <ul style="list-style-type: none"> <li>• Vermicelli <i>upma</i> with <b>carrots</b> and <b>beans</b></li> <li>• Glass of milk</li> </ul>           | <b>Figs</b>                           | <ul style="list-style-type: none"> <li>• <b>Prawn</b> fried <b>rice</b></li> <li>• Cauliflower <i>masala</i> dry</li> <li>• Tomato and cucumber salad</li> </ul>                                  | <ul style="list-style-type: none"> <li>• Lemonade</li> <li>• <b>Peas</b> and raw <b>mango</b> <i>sundal</i></li> </ul>                         | <ul style="list-style-type: none"> <li>• Vegetable <i>kothu parotta</i></li> <li>• Mint <i>raita</i></li> </ul>  |
| Sunday    | <ul style="list-style-type: none"> <li>• <b>Appam</b></li> <li>• Vegetable stew</li> <li>• Tender coconut water</li> </ul>                         | <b>Mango</b>                          | <ul style="list-style-type: none"> <li>• <b>Mutton</b> balls (<i>kofta</i>) gravy</li> <li>• Snake gourd <i>palya/poriyal</i></li> <li>• <b>Chapati</b></li> </ul>                                | <ul style="list-style-type: none"> <li>• Spiced buttermilk (<i>morul/majjige</i>)</li> <li>• <b>Puffed rice</b> with <b>peanuts</b></li> </ul> | <ul style="list-style-type: none"> <li>• Brinjal <b>rice</b> (<i>vangi bhaat</i>) with <b>peas</b></li> <li>• Onion <i>raita</i></li> </ul>                            |