

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 good snack for early labour, as they release energy slowly.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Wholewheat toast with cheese • Mango (aam) milkshake 	Fruit chaat	<ul style="list-style-type: none"> • Red lentils (masoor) dal • Cabbage (patta gobhi) sabzi • Mint (pudina) raita • Pearl millet (bajra) roti 	<ul style="list-style-type: none"> • Pineapple (ananaas) smoothie • Roasted peanuts (moongphali) 	<ul style="list-style-type: none"> • Vegetable pulao • Pomegranate (anaar) raita • Roasted papad
Tuesday	<ul style="list-style-type: none"> • Oats porridge (jai daliya) with dates (khajoor) and milk 	Sapodilla (chikoo)	<ul style="list-style-type: none"> • Vegetable khichdi • Spring onion (hari pyaaz) raita 	<ul style="list-style-type: none"> • Jal jeera • Sweet potato (shakarkandi) chaat 	<ul style="list-style-type: none"> • Green gram (hari moong) dal • Bitter gourd (karela) sabzi • Chapati/rice
Wednesday	<ul style="list-style-type: none"> • Vegetable vermicelli upma • Tea 	Fig (anjeer)	<ul style="list-style-type: none"> • Kadhi • Cumin potato (jeera aloo) sabzi • Rice 	<ul style="list-style-type: none"> • Banana (kela) milkshake 	<ul style="list-style-type: none"> • Chickpeas (chhole) curry • Mixed vegetable sabzi • Chapati • Curd (dahi)
Thursday	<ul style="list-style-type: none"> • Idli • Coconut (nariyal) chutney • Buttermilk (chhaach) 	Apple (seb)	<ul style="list-style-type: none"> • Mustard greens (sarson saag) • Jaggery (gur) • Makki ki roti 	<ul style="list-style-type: none"> • Lemonade (nimbu pani) • Mixed vegetable cutlet 	<ul style="list-style-type: none"> • Peas (matar) pulao • Mint and coriander (pudina dhaniya) raita
Friday	<ul style="list-style-type: none"> • Wheat porridge (daliya) with sliced banana (kela), raisins (kishmish) and milk 	Grapes (angoor)	<ul style="list-style-type: none"> • Roti wrap with mushroom (khumb) masala • Beetroot (chukandar) sabzi • Coriander (dhaniya) chutney 	<ul style="list-style-type: none"> • Buttermilk (chhaach) • Steamed green gram (hari moong) sprouts salad 	<ul style="list-style-type: none"> • Soya nugget curry • Pointed gourd (parwal) sabzi • Cucumber (kheera) salad • Buckwheat (kuttu) chapati
Saturday	<ul style="list-style-type: none"> • Tomato (tamatar) sandwich • Coffee 	Watermelon (tarbooj)	<ul style="list-style-type: none"> • Kidney beans (rajma) curry • Okra (bhindi) sabzi • Curd (dahi) • Chapati/rice 	<ul style="list-style-type: none"> • Coconut water (nariyal pani) • Carrot and cucumber (gajar kheera) sticks 	<ul style="list-style-type: none"> • Spinach and cottage cheese (paalak paneer) curry • Radish (mooli) salad • Chapati/rice
Sunday	<ul style="list-style-type: none"> • Chickpea flour (besan) cheela • Mint (pudina) chutney • Lassi 	Handful of mixed nuts	<ul style="list-style-type: none"> • Mung bean (moong) dal • Fenugreek and potato (methi aloo) sabzi • Curd (dahi) • Chapati/rice 	<ul style="list-style-type: none"> • Mango (aam) milkshake 	<ul style="list-style-type: none"> • Tomato (tamatar) rasam • Mixed vegetables in coconut (nariyal) milk • Rice • Roasted papad