

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: You need between 200 and 300 extra calories in the third trimester, so make sure you have morning and afternoon snacks!

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Tomato and cheese sandwich • Dates milkshake 	Pomegranate	<ul style="list-style-type: none"> • Kidney beans <i>masala</i> • Mixed vegetables <i>palya/poriyal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Almond milk • Black chickpeas <i>sundal</i> 	<ul style="list-style-type: none"> • Mixed lentils and rice dosa (<i>ada</i>) • Mixed vegetables in yoghurt gravy (<i>avial</i>)
Tuesday	<ul style="list-style-type: none"> • Idli • Turnip sambhar • Orange juice 	Banana	<ul style="list-style-type: none"> • Drumstick sambhar • Bitter gourd <i>palya/poriyal</i> • Garlic <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Tea • Roasted corn (<i>bhutta</i>) 	<ul style="list-style-type: none"> • Spicy yam curry • Beans <i>palya/poriyal</i> • Finger millet (<i>ragi</i>) chapati
Wednesday	<ul style="list-style-type: none"> • Dosa • Coriander chutney • Watermelon juice 	Figs	<ul style="list-style-type: none"> • Fenugreek greens sambhar • Colocasia <i>masala dry</i> • Pepper <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Mango milkshake 	<ul style="list-style-type: none"> • Vegetable <i>kothu parotta</i> • Mango pickle • Curd
Thursday	<ul style="list-style-type: none"> • <i>Masala</i> vegetable wholewheat toast • Sweet lime juice 	Handful of dried apricots and raisins	<ul style="list-style-type: none"> • Soya chunks (meal maker) curry • Snake gourd <i>palya/poriyal</i> • Chapati 	<ul style="list-style-type: none"> • Buttermilk (<i>moru/majjige</i>) • Mixed nuts 	<ul style="list-style-type: none"> • Lemon rice • Beetroot and carrot kosambari/kosumalli • Curd
Friday	<ul style="list-style-type: none"> • Sago (<i>sabudana/javvarisi</i>) <i>upma</i> with peanuts • Guava juice 	Pear	<ul style="list-style-type: none"> • Chickpeas curry • Spinach <i>palya/poriyal</i> • Chapati/rice 	<ul style="list-style-type: none"> • Lemonade • Peas and raw mango <i>sundal</i> 	<ul style="list-style-type: none"> • Fenugreek greens rice • Crispy potatoes • Roasted capsicum <i>raita</i>
Saturday	<ul style="list-style-type: none"> • Oats porridge with raisins and nuts • Coffee 	Grapes	<ul style="list-style-type: none"> • Drumstick leaves soup • Coriander rice • Bottle gourd <i>raita</i> 	<ul style="list-style-type: none"> • Tender coconut water • Sweet potato with sesame seeds 	<ul style="list-style-type: none"> • Brinjal and black chickpeas curry • Idiyappam
Sunday	<ul style="list-style-type: none"> • Appam • Vegetable stew • Dried ginger coffee 	Mango	<ul style="list-style-type: none"> • Raw mango rice • Cucumber kosambari/kosumalli • Onion <i>raita</i> 	<ul style="list-style-type: none"> • Apple juice • Handful of dates and walnuts 	<ul style="list-style-type: none"> • Broccoli stuffed dosa • Mint chutney