

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:** Do not lie down for at least three hours after eating to avoid heartburn.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>• <i>Masala dosa</i></li> <li>• Coriander chutney</li> <li>• Tomato juice</li> </ul>	<b>Banana</b>	<ul style="list-style-type: none"> <li>• Tamarind rice with <b>peanuts</b></li> <li>• <b>Red lentils</b> and snake gourd <i>dal</i></li> <li>• Cucumber <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coffee</b></li> <li>• <b>Wheat</b> rusk</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Soya</b> chunks (meal maker) and <b>peas</b> curry</li> <li>• Pumpkin <i>palya/poriyal</i></li> <li>• <b>Chapati</b></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• <b>Finger millet (<i>ragi</i>)</b> porridge</li> <li>• Orange juice</li> </ul>	Apple	<ul style="list-style-type: none"> <li>• <b>Ladies' finger</b> buttermilk curry</li> <li>• <b>Sweet potato</b> <i>palya/poriyal</i></li> <li>• <b>Rice</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Dates</b> milkshake</li> <li>• <b>Sprouts</b> salad</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Vermicelli <i>upma</i></b> with vegetables</li> <li>• Curd</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• <b>Wholewheat</b> toast</li> <li>• Sautéed mixed vegetables</li> <li>• Sweet lime juice</li> </ul>	<b>Grapes</b>	<ul style="list-style-type: none"> <li>• <b>Pigeon peas <i>dal</i></b> with <b>fenugreek greens</b></li> <li>• <b>Horse gram</b> chutney</li> <li>• <b>Rice</b></li> <li>• Curd</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mango</b> juice</li> <li>• Vegetable cutlet</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chickpeas</b> curry</li> <li>• <b>Finger millet (<i>ragi</i>) <i>idiyappam</i></b></li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• <i>Dosa</i> made with <b>whole green gram (<i>pesarattu</i>)</b></li> <li>• Peanut chutney</li> <li>• Tender coconut water</li> </ul>	Muskmelon	<ul style="list-style-type: none"> <li>• <b>Kidney beans</b> curry</li> <li>• Ivy gourd <i>palya/poriyal</i></li> <li>• <b>Chapati</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Banana</b> milkshake</li> <li>• <b>Murukku</b></li> </ul>	<ul style="list-style-type: none"> <li>• Brinjal rice (<i>vangi bhaat</i>)</li> <li>• <b>Carrot</b> <i>palya/poriyal</i></li> <li>• Tomato <i>raita</i></li> </ul>
Friday	<ul style="list-style-type: none"> <li>• <b>Broken wheat (<i>samba rava</i>) <i>upma</i></b> with <b>beans</b> and <b>carrots</b></li> <li>• Guava juice</li> </ul>	Apple and walnut salad	<ul style="list-style-type: none"> <li>• <b>Mung bean <i>dal</i></b></li> <li>• Capsicum and cottage cheese (<i>paneer</i>) <i>masala</i></li> <li>• Cumin rice</li> </ul>	<ul style="list-style-type: none"> <li>• Buttermilk (<i>moru/majjige</i>)</li> <li>• Raw <b>mango <i>kosambaril</i> <i>kosumalli</i></b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Black eyed peas</b> curry</li> <li>• <b>Parotta</b></li> </ul>
Saturday	<ul style="list-style-type: none"> <li>• <b>Semolina (<i>rava</i>) <i>idli</i></b> with mixed vegetables</li> <li>• Mint chutney</li> <li>• <b>Pomegranate</b> juice</li> </ul>	• <b>Mango</b>	<ul style="list-style-type: none"> <li>• Lemon rice</li> <li>• Spicy yam fry</li> <li>• Pumpkin <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade</li> <li>• Roasted <b>cashewnuts</b></li> </ul>	<ul style="list-style-type: none"> <li>• Drumstick and shallot <b><i>sambhar</i></b></li> <li>• <b>Wheat <i>dosa</i></b></li> </ul>
Sunday	<ul style="list-style-type: none"> <li>• <i>Ven pongal</i></li> <li>• Coconut chutney</li> <li>• <b>Coffee</b></li> </ul>	Sapota	<ul style="list-style-type: none"> <li>• Vegetable <b><i>pulao</i></b> with <b>soya</b> chunks (meal maker)</li> <li>• Beetroot salad</li> <li>• Curd</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pomegranate</b> juice</li> <li>• <b>Sweet corn <i>sundal</i></b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Oats <i>idli</i></b> with vegetables</li> <li>• Curry leaves chutney</li> </ul>