

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"> • Idli • Sambhar • Coconut chutney • Orange juice 	Guava	<ul style="list-style-type: none"> • Fenugreek greens rice • Potato and beans palya/poriyal • Roasted capsicum raita 	<ul style="list-style-type: none"> • Lemonade • Raw mango kosambari/kosumalli 	<ul style="list-style-type: none"> • Drumstick leaves soup • Mixed vegetable noodles • Sprout salad
Tuesday	<ul style="list-style-type: none"> • Mashed banana with raisins and jaggery • Chapati 	Custard apple	<ul style="list-style-type: none"> • Tomato rasam • Spicy yam roast • Curd • Rice 	<ul style="list-style-type: none"> • Almond milk • Wheat rusk 	<ul style="list-style-type: none"> • Black chickpeas curry • Finger millet (ragi) idiyappam
Wednesday	<ul style="list-style-type: none"> • Ven pongal • Coconut chutney • Pomegranate juice 	Mango	<ul style="list-style-type: none"> • Brinjal rice (vangi bhaat) with peas • Cucumber kosambari/kosumalli • Tomato raita 	<ul style="list-style-type: none"> • Tender coconut water • Steamed sweet potato 	<ul style="list-style-type: none"> • Cottage cheese (paneer) and spinach curry • Multigrain chapati
Thursday	<ul style="list-style-type: none"> • Oats porridge with dry fruits and nuts • Sapota 	Apple	<ul style="list-style-type: none"> • Vegetable biryani • Onion raita • Roasted papad 	<ul style="list-style-type: none"> • Cardamom tea • Sweet corn sundal 	<ul style="list-style-type: none"> • Kidney beans curry • Parotta
Friday	<ul style="list-style-type: none"> • Wholewheat masala vegetable toast • Mango milkshake 	Banana	<ul style="list-style-type: none"> • Pumpkin and peanut sambhar • Cabbage palya/poriyal • Pineapple rasam • Curd • Rice 	<ul style="list-style-type: none"> • Buttermilk (morul/majjige) • Vegetable cutlet 	<ul style="list-style-type: none"> • Semolina (rava) idli • Mixed vegetables curry • Coriander coconut chutney
Saturday	<ul style="list-style-type: none"> • Mushroom stuffed masala dosa • Coriander chutney • Almond milk 	Watermelon	<ul style="list-style-type: none"> • Ladies' finger sambhar • Ivy gourd palya/poriyal • Garlic rasam • Curd • Rice 	<ul style="list-style-type: none"> • Pomegranate juice • Oats cookie 	<ul style="list-style-type: none"> • Ridge gourd chutney • Red lentils dal with fenugreek greens • Chapati
Sunday	<ul style="list-style-type: none"> • Semolina (rava) upma with vegetables • Tea 	Mixed nuts	<ul style="list-style-type: none"> • Coconut rice • Peas and capsicum palya/poriyal • Coriander chutney 	<ul style="list-style-type: none"> • Fig milkshake • Mixed nuts with raisins 	<ul style="list-style-type: none"> • Wheat dosa • Black eyed peas curry