

You need plenty of **energy** in the third trimester. We've highlighted in **purple** snacks that will give you an energy boost.

Vitamin K helps your blood to clot, which is important for birth. We've highlighted in **pink** foods that are rich in **vitamin K**

Tip: make a batch of Anzac or oaty biscuits at the weekend so you have some easy snacks during the week.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Porridge made with milk and 3-4 pitted prunes • Wholemeal toast with spread and Vegemite 	<ul style="list-style-type: none"> • <u>Melon with berries and yoghurt</u> 	<ul style="list-style-type: none"> • Beetroot soup with a crusty wholegrain roll with spread • Kiwi fruit 	<ul style="list-style-type: none"> • Small fruit or cheese scone 	<ul style="list-style-type: none"> • Creamy chickpea curry with brown rice and raita
Tuesday	<ul style="list-style-type: none"> • Wholemeal toast with mashed banana • Strawberry milkshake 	<ul style="list-style-type: none"> • <u>Hommus with pitta</u> 	<ul style="list-style-type: none"> • <u>Couscous egg salad</u> with pine nuts and currants • Orange 	<ul style="list-style-type: none"> • Rye crackers with low-fat cream cheese 	<ul style="list-style-type: none"> • <u>Creamy tuna and salmon pie</u> with peas and sweetcorn
Wednesday	<ul style="list-style-type: none"> • Weet-bix mashed with Greek yoghurt and fresh mixed berries • 2 pancakes • Freshly-squeezed orange juice 	<ul style="list-style-type: none"> • <u>Oaty cranberry and orange cookie</u> 	<ul style="list-style-type: none"> • Tuna salad wrap with sun-dried tomatoes • Melon 	<ul style="list-style-type: none"> • Fruity flapjack 	<ul style="list-style-type: none"> • Spinach and ricotta pasta tubes with ragu sauce
Thursday	<ul style="list-style-type: none"> • Low-fat plain yoghurt mixed with a tbsp of stewed rhubarb • Raisin toast with spread • Herbal tea 	<ul style="list-style-type: none"> • Wholemeal bread with peanut butter • Low-fat fruit yoghurt 	<ul style="list-style-type: none"> • Smoked salmon and cream cheese bagel • Apple 	<ul style="list-style-type: none"> • <u>Hommus with carrot sticks</u> 	<ul style="list-style-type: none"> • Chicken stir fry with noodles
Friday	<ul style="list-style-type: none"> • Porridge with sliced banana • Yoghurt drink 	<ul style="list-style-type: none"> • Fruity flapjack 	<ul style="list-style-type: none"> • Baked potato with ratatouille and grated cheese • Pear 	<ul style="list-style-type: none"> • Handful of baked pretzels 	<ul style="list-style-type: none"> • <u>Sweet apple lamb</u> with mashed potato, green beans and carrots
Saturday	<ul style="list-style-type: none"> • Spanish omelette with wholemeal toast and spread • Freshly-squeezed orange juice 	<ul style="list-style-type: none"> • <u>Papaya smoothie</u> • Apple and bran muffin 	<ul style="list-style-type: none"> • Vietnamese chicken salad • Fruit salad 	<ul style="list-style-type: none"> • Wholemeal toast with avocado 	<ul style="list-style-type: none"> • Grilled steak with sweet potato and butternut pumpkin mash and broccoli
Sunday	<ul style="list-style-type: none"> • <u>Pancakes with blueberries</u> • Tub of low-fat yoghurt 	<ul style="list-style-type: none"> • Walnuts and dried fruit 	<ul style="list-style-type: none"> • Spinach and cheese quiche with salad 	<ul style="list-style-type: none"> • Rice cakes with low-fat ricotta 	<ul style="list-style-type: none"> • Roast pork, roast potatoes, snow peas and asparagus • Poached pear crunch