

You need plenty of **energy** in the third trimester. We've highlighted in **purple** energy-rich foods.

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: you're more prone to indigestion in the third trimester so cutting down on coffee and spicy foods will help

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Porridge made with milk, a pinch of cinnamon and a tbsp homemade stewed apple • Cup of tea with low-fat milk 	<ul style="list-style-type: none"> • Crumpet with peanut butter 	<ul style="list-style-type: none"> • Couscous egg salad with pine nuts and currants • Mandarin or orange 	<ul style="list-style-type: none"> • Carrot sticks with hommus 	<ul style="list-style-type: none"> • Homemade pesto chicken pasta with cherry tomatoes, crusty bread and side salad
Tuesday	<ul style="list-style-type: none"> • Tub of plain low-fat yoghurt mixed with chopped fresh fruit (mango, peach or nectarine) and tbsp of flaked almonds served on pancakes 	<ul style="list-style-type: none"> • English muffin with tasty cheese 	<ul style="list-style-type: none"> • Egg and baby spinach baguette • Small bunch of grapes 	<ul style="list-style-type: none"> • Slice of banana bread 	<ul style="list-style-type: none"> • Creamy chickpea curry, steamed rice and raita
Wednesday	<ul style="list-style-type: none"> • Weet-bix with skim milk and mashed/sliced banana • A piece of fresh seasonal fruit 	<ul style="list-style-type: none"> • Melon with berries and yoghurt 	<ul style="list-style-type: none"> • Beetroot soup • Melon 	<ul style="list-style-type: none"> • Rye crackers and smoked salmon 	<ul style="list-style-type: none"> • Chicken risotto, crusty bread and fresh rocket salad
Thursday	<ul style="list-style-type: none"> • Porridge made with milk flavoured with a handful of fresh berries • Herbal tea 	<ul style="list-style-type: none"> • A slice of toasted fruit loaf 	<ul style="list-style-type: none"> • Cheese and tomato wholemeal sandwich • Sliced mango or banana 	<ul style="list-style-type: none"> • Pita bread and fresh tabouli 	<ul style="list-style-type: none"> • Creamy tuna and salmon pie with green beans, steamed sweetcorn and yellow squash
Friday	<ul style="list-style-type: none"> • Wholegrain toast spread with smooth peanut butter • A tub of low-fat yoghurt 	<ul style="list-style-type: none"> • Fruche or low-fat fruit yoghurt 	<ul style="list-style-type: none"> • Tinned tuna and rocket salad • Chopped apple 	<ul style="list-style-type: none"> • Fruity flapjack 	<ul style="list-style-type: none"> • Lamb and mushroom casserole
Saturday	<ul style="list-style-type: none"> • Greek yoghurt with chopped dried fruit (apricots, figs or dates), flaked almonds and muesli (softened in the fridge overnight) 	<ul style="list-style-type: none"> • Dried fruit 	<ul style="list-style-type: none"> • Pitta with baby spinach, gruyere and grapes • Pear 	<ul style="list-style-type: none"> • Wholemeal toast with baked beans 	<ul style="list-style-type: none"> • Beef lasagne made with ragu sauce with a mixed side salad
Sunday	<ul style="list-style-type: none"> • Scrambled eggs, grilled tomato and wilted spinach on toasted bagel with spread • Yoghurt drink 	<ul style="list-style-type: none"> • Strawberry milkshake 	<ul style="list-style-type: none"> • Spinach and cheese quiche 	<ul style="list-style-type: none"> • Cheese and tomato on toast 	<ul style="list-style-type: none"> • Roast beef with roast potatoes, carrots and green beans • Sultana rice pudding