babycenter

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: bananas are a good snack for early labour, as they release energy slowly

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	• **Porridge** made with milk and a tbsp of sultanas • **Wholemeal toast** with spread and Vegemite	• **Melon, berries** and yoghurt	• **Beetroot soup** with a crusty **wholemeal roll** with spread • Kiwi	• **Small fruit or cheese scone**	• **Creamy chickpea curry** with rice and raita
Tuesday	• **Wholemeal toast** with mashed banana • **Strawberry milkshake**	• Hommus with pitta	• **Couscous egg salad with pine nuts and currants** • Orange	• Rye crackers and **cream cheese**	• Creamy tuna and salmon pie with carrots and sweetcorn
Wednesday	• Weet-bix mashed with Greek yoghurt and fresh **berries** • **Fresh-squeezed orange juice**	• **Oaty cranberry and orange cookie**	• Tuna salad wrap • **Melon**	• **Fruity flapjack**	• **Spinach** and **ricotta pasta tubes** with ragu sauce and seasonal salad
Thursday	• Low-fat plain yoghurt mixed with a handful of fresh **berries** • **Toasted fruit loaf** with spread • Herbal tea	• **Wholemeal toast with peanut butter**	• Sardines on toast • Apple	• Hommus with pitta	• **Lamb and mushroom casserole** with a fresh green garden salad
Friday	• **Porridge** with sliced banana • Yoghurt drink	• **Fruity flapjack**	• Baked potato with a small tin of baked beans in a tomato sauce • **Pear**	• **Fruit and nut muesli bar**	• Grilled **pork** chop with mashed potato, **green beans** and carrots
Saturday	• Spanish omelette with **wholemeal toast** and spread • **Fresh-squeezed orange juice**	• Papaya smoothie • **Apple muffin**	• **Pasta** with a tomato and veggie sauce and shaved **parmesan cheese** • Fruit salad	• **Wholemeal toast with baked beans**	• Grilled **steak** with sweet potato and butternut pumpkin mash and **broccoli**
Sunday	• Pancakes with **blueberries** • Tub of low-fat yoghurt	• **Walnuts and dried fruit**	• **Spinach** and **cheese** quiche with salad	• **Cheese** and tomato on toast	• Roast **chicken**, roast potatoes, snowpeas and **cauliflower** • **Poached pear crunch**