

Foods rich in **omega 3 fatty acids** will help your baby's brain development. We've highlighted in **brown** foods that are rich in **omega 3 fatty acids**. **Calcium** and vitamin D help to grow strong bones and teeth. We've highlighted in **blue** foods that are rich in **calcium**.

**Betacarotene** is important for healthy skin and blood. We've highlighted in **light orange** foods that are rich in **betacarotene**. You'll need plenty of **iron-rich foods** 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:** Keep a pack of almonds in your desk drawer in office for an easy-to-eat and nutrient-rich energy boost.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>Onion (<i>pyaaz</i>) and <b>green gram (<i>hari moong</i>) sprouts parantha</b></li> <li>Coconut water (<i>nariyal pani</i>)</li> </ul>	<b>Guava (<i>amrud</i>)</b>	<ul style="list-style-type: none"> <li><b>Red lentil (<i>masoor</i>) dal</b></li> <li>Okra (<i>bhindi</i>) <i>sabzi</i></li> <li>Cucumber and <b>flaxseed (<i>kheera als</i>) raita</b></li> <li><i>Chapati</i>/rice</li> </ul>	<ul style="list-style-type: none"> <li>Wood apple (<i>bael</i>) <i>sharbat</i></li> </ul>	<ul style="list-style-type: none"> <li><b>Mughlai chicken</b></li> <li>Round gourd (<i>tinda</i>) <i>sabzi</i></li> <li><i>Chapati</i>/rice</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Masala scrambled <b>egg (<i>bhurji</i>)</b></li> <li><b>Wholewheat bun</b></li> <li><b>Mango (<i>aam</i>) panna</b></li> </ul>	Pomegranate ( <i>anaar</i> )	<ul style="list-style-type: none"> <li><b>Chickpea (<i>chhole</i>)</b> curry</li> <li><b>Fenugreek (<i>methi</i>) kulcha</b></li> <li><b>Raita</b></li> </ul>	<ul style="list-style-type: none"> <li>Lemonade (<i>nimbu pani</i>)</li> <li>Handful of <b>nuts</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Horse gram (<i>kala chana</i>) dal</b></li> <li><b>Mutton tikka</b></li> <li>Coriander (<b><i>puদিনা dhaniya</i></b>) chutney</li> <li><i>Chapati</i>/rice</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>Semolina (<i>suji</i>) <i>cheela</i></li> <li>Coconut chutney</li> <li><b>Coffee</b></li> </ul>	Apple ( <i>seb</i> )	<ul style="list-style-type: none"> <li><b>Fish</b> curry</li> <li><b>Mint</b> potato (<b><i>puদিনা aloo</i></b>) <i>sabzi</i></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li><b>Orange (<i>santara</i>)</b> juice</li> <li><b>Cheese</b> with crackers</li> </ul>	<ul style="list-style-type: none"> <li><b>Mixed (<i>milijhuli</i>) dal</b></li> <li>Bitter gourd (<i>karela</i>) <i>sabzi</i></li> <li>Radish and <b>spring onion (<i>mooli hari pyaaz</i>)</b> salad</li> <li><i>Chapati</i>/rice</li> </ul>
Thursday	<ul style="list-style-type: none"> <li><b>Oats</b> porridge (<b><i>jai daliya</i></b>) with raisins (<i>kishmish</i>), <b>walnut (<i>akhrot</i>)</b> and <b>milk</b></li> </ul>	Watermelon ( <i>tarbooj</i> )	<ul style="list-style-type: none"> <li><b>Kidney beans (<i>rajma</i>)</b> curry</li> <li><b>Beans</b> and <b>carrot (<i>beens gajar</i>)</b> <i>sabzi</i></li> <li><b>Curd (<i>dahi</i>)</b></li> <li>Cumin (<i>jeera</i>) rice</li> </ul>	<ul style="list-style-type: none"> <li><b>Tomato (<i>tamatar</i>)</b> juice</li> <li>Cucumber (<i>kheera</i>) sticks</li> </ul>	<ul style="list-style-type: none"> <li><b>Mutton</b> with <b>fenugreek</b> leaves (<b><i>methi meat</i></b>)</li> <li>Bottle gourd (<i>lauki</i>) <b>raita</b></li> <li><i>Chapati</i>/parantha</li> </ul>
Friday	<ul style="list-style-type: none"> <li>Vegetable <b>omelette</b></li> <li><b>Wholewheat toast</b></li> <li>Banana (<i>kela</i>) <b>milkshake</b></li> </ul>	<b>Carrot (<i>gajar</i>)</b> sticks with <b>yoghurt dip (<i>dahi</i>)</b>	<ul style="list-style-type: none"> <li><b>Peas</b> and <b>cottage cheese</b> and (<b><i>matar paneer</i></b>) curry</li> <li>Stuffed brinjal (<i>bharwa baingan</i>)</li> <li><i>Chapati</i>/rice</li> </ul>	<ul style="list-style-type: none"> <li>Coconut water (<i>nariyal pani</i>)</li> <li><b>Sweet potato (<i>shakarkandi</i>) chaat</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Tomato (<i>tamatar</i>) pomfret (<i>chandava</i>)</b></li> <li>Vegetable <i>pulao</i></li> <li><b>Green gram (<i>hari moong</i>) sprouts</b> salad</li> </ul>
Saturday	<ul style="list-style-type: none"> <li><b>Flattened rice (<i>poha</i>)</b> with potato, <b>carrot</b> and <b>peanuts (<i>aloo, gajar, moongphali</i>)</b></li> <li><b>Lassi</b></li> </ul>	<b>Ripe papaya (<i>papita</i>)</b>	<ul style="list-style-type: none"> <li>Chicken <i>biryani</i></li> <li>Cucumber <b>spring onion (<i>kheera hari pyaaz</i>) raita</b></li> <li><b>Mint (<i>puদিনা</i>)</b> chutney</li> </ul>	<ul style="list-style-type: none"> <li><b>Tea</b></li> <li><b>Chickpeas (<i>chhole</i>) chaat</b></li> </ul>	<ul style="list-style-type: none"> <li>Pasta with <b>spinach (<i>paalak</i>)</b> and <b>cheese</b> sauce</li> <li>Beetroot (<i>chukandar</i>) salad</li> </ul>
Sunday	<ul style="list-style-type: none"> <li><b>Cottage cheese (<i>paneer</i>) roti wrap</b></li> <li><b>Orange (<i>santara</i>) juice</b></li> </ul>	<b>Mango (<i>aam</i>)</b>	<ul style="list-style-type: none"> <li><b>Sambhar</b></li> <li><i>Vada</i></li> <li>Cabbage and coconut (<i>patta gobhi nariyal</i>) <i>sabzi</i></li> <li>Rice</li> </ul>	<ul style="list-style-type: none"> <li><b>Almond (<i>badaam</i>) milk</b></li> <li>Puffed rice (<i>murmura</i>) with <b>peanuts (<i>moongphali</i>)</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Tandoori chicken</b></li> <li><b>Amaranth (<i>chauli</i>)</b> leaves with <b>pigeon peas (<i>arhar/toor</i>) dal</b></li> <li><i>Chapati</i>/rice</li> </ul>

**Note:** **Lentils (*dal*)** are also a good source of **iron**.