

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"> • Wholewheat toast • Scrambled eggs • Orange juice 	Apple and walnut salad	<ul style="list-style-type: none"> • Tomato fish curry • Beetroot <i>palya/poriyal</i> • Rice 	<ul style="list-style-type: none"> • Buttermilk (<i>moru/majjige</i>) • Chickpeas <i>sundal</i> 	<ul style="list-style-type: none"> • Cottage cheese (<i>paneer</i>) and peas curry • Finger millet (<i>ragi</i>) <i>chapati</i>
Tuesday	<ul style="list-style-type: none"> • Vegetable vermicelli <i>upma</i> • Milk 	Custard apple	<ul style="list-style-type: none"> • Chicken curry • Beans and carrot <i>palya/poriyal</i> • Pineapple <i>rasam</i> • Curd • Rice 	<ul style="list-style-type: none"> • Tender coconut water • <i>Murukku</i> 	<ul style="list-style-type: none"> • Mixed lentils and rice <i>dosa (ada)</i> • Mixed vegetables in coconut milk and yoghurt gravy (<i>avial</i>)
Wednesday	<ul style="list-style-type: none"> • <i>Ven pongal</i> • Coconut chutney • Lemonade 	Mango	<ul style="list-style-type: none"> • Pepper lamb fry • Cumin rice • Lemon <i>rasam</i> • Cucumber <i>raita</i> 	<ul style="list-style-type: none"> • Almond milk • Wheat rusk 	<ul style="list-style-type: none"> • Vegetable <i>kothu parotta</i> • Curd
Thursday	<ul style="list-style-type: none"> • <i>Idli</i> • Sambhar • Coconut and curry leaf chutney • Coffee 	Banana	<ul style="list-style-type: none"> • Sautéed minced meat curry • Stuffed brinjal • Carrot and tomato salad • <i>Chapati</i> 	<ul style="list-style-type: none"> • Sweet lime juice • Peanuts <i>sundal</i> 	<ul style="list-style-type: none"> • Fenugreek leaves <i>sambhar</i> • Curd • Rice
Friday	<ul style="list-style-type: none"> • Capsicum and onion <i>uthappam</i> • Tomato chutney • Buttermilk (<i>moru/majjige</i>) 	Figs	<ul style="list-style-type: none"> • Mixed sprouts curry • Bottle gourd <i>palya/poriyal</i> • <i>Rasam</i> • Curd • Rice 	<ul style="list-style-type: none"> • Sapota milkshake • Roasted corn (<i>bhutta</i>) 	<ul style="list-style-type: none"> • Mutton leg soup • Egg curry • <i>Chapati</i>
Saturday	<ul style="list-style-type: none"> • Mushroom stuffed <i>masala dosa</i> • Mint coriander chutney • Tender coconut water 	Papaya	<ul style="list-style-type: none"> • Cottage cheese (<i>paneer</i>) and capsicum curry • Vegetable fried rice • Cucumber and onion salad 	<ul style="list-style-type: none"> • Ginger soda • Beetroot <i>kosambari/kosumalli</i> 	<ul style="list-style-type: none"> • Tapioca • Fish curry • <i>Parotta</i>
Sunday	<ul style="list-style-type: none"> • <i>Masala</i> vegetable toast • Dates milkshake 	Handful of walnuts , dates and raisins	<ul style="list-style-type: none"> • Ginger chicken <i>masala</i> • Red lentils and spinach <i>dal</i> • Onion <i>raita</i> • Rice 	<ul style="list-style-type: none"> • Lassi • Puffed rice with peanuts 	<ul style="list-style-type: none"> • Soya chunks (meal maker) and capsicum curry • <i>Chapati</i>