

You need plenty of **energy** in the third trimester. We've highlighted in **brown** foods that will give you an **energy boost**. **Vitamin K** helps your blood to clot, which is important after birth. We've highlighted in **light orange** foods that are rich in **vitamin K**.

You'll need plenty of **iron-rich foods** as well 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: You need between 200 and 300 extra calories in the third trimester, so make sure you have morning and afternoon snacks!

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Oats porridge with dates • Banana milkshake 	Mixed nuts	<ul style="list-style-type: none"> • Mutton <i>biryani</i> • Brinjal curry • Cucumber <i>raita</i> 	<ul style="list-style-type: none"> • Tea • Steamed peanuts 	<ul style="list-style-type: none"> • Potato and shallot sambhar • Wheat <i>dosa</i>
Tuesday	<ul style="list-style-type: none"> • Capsicum and onion uthappam • Mint coriander chutney • Mixed fruit juice 	Apple	<ul style="list-style-type: none"> • Chicken curry • Vegetable fried rice • Tomato and onion salad 	<ul style="list-style-type: none"> • Tender coconut water • Mixed nuts with raisins 	<ul style="list-style-type: none"> • Vegetable <i>kothu parotta</i> • Mango pickle • Curd
Wednesday	<ul style="list-style-type: none"> • <i>Ven pongal</i> • Coconut chutney • Coffee 	Sapota	<ul style="list-style-type: none"> • Black pomfret curry • Beans and grated coconut <i>palyal/poriyal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Sweet lime juice • Beetroot kosambaril kosumalli 	<ul style="list-style-type: none"> • Drumstick sambhar • Idli
Thursday	<ul style="list-style-type: none"> • Wholewheat <i>masala</i> vegetable toast • Pear juice 	Banana	<ul style="list-style-type: none"> • Buttermilk curry with fenugreek greens • Chicken 65 • Pineapple <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Almond milk • Mixed sprouts 	<ul style="list-style-type: none"> • Kidney beans curry • Parotta
Friday	<ul style="list-style-type: none"> • Semolina (rava) <i>dosa</i> • Potato <i>masala</i> • Tender coconut water 	Mango	<ul style="list-style-type: none"> • Coriander rice • Cucumber salad • Onion <i>raita</i> 	<ul style="list-style-type: none"> • Lemonade • Chickpeas <i>sundal</i> 	<ul style="list-style-type: none"> • Crab <i>masala</i> curry • Cabbage <i>palyal/poriyal</i> • Chapati
Saturday	<ul style="list-style-type: none"> • Vegetable omelette • Wholewheat toast • Glass of milk 	Pomegranate	<ul style="list-style-type: none"> • Ginger chicken curry • Sweet potato <i>palyal/poriyal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Mango milkshake 	<ul style="list-style-type: none"> • Spinach and red lentils <i>dal</i> • Rice • Roasted <i>papad</i>
Sunday	<ul style="list-style-type: none"> • Cornflakes with banana, dates and milk 	Pear	<ul style="list-style-type: none"> • Peas and minced meat curry • Pepper <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Spiced buttermilk (<i>moru/majjige</i>) • Black gram <i>vada</i> 	<ul style="list-style-type: none"> • Soya chunks (meal maker) curry • Cucumber and onion salad • Chapati