



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:** Do not lie down for at least three hours after eating to avoid heartburn.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>Onion <b>semolina (rava) dosa</b></li> <li>Spiced buttermilk (<i>morul/majjige</i>)</li> </ul>	Sapota	<ul style="list-style-type: none"> <li><b>Mutton</b> leg soup</li> <li>Tomato <b>egg</b> curry</li> <li><b>Chapati</b></li> </ul>	<ul style="list-style-type: none"> <li>Lemonade</li> <li><b>Sprouts</b> <i>sundal</i></li> </ul>	<ul style="list-style-type: none"> <li>Raw <b>mango rice</b></li> <li>Curd</li> <li>Roasted <i>papad</i></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>Vegetable <b>omelette</b></li> <li><b>Wholewheat</b> toast</li> <li>Glass of milk</li> </ul>	<b>Figs</b>	<ul style="list-style-type: none"> <li><b>Chicken biryani</b></li> <li>Brinjal curry</li> <li>Onion <i>raita</i></li> </ul>	<ul style="list-style-type: none"> <li>Tender coconut water</li> <li>Mixed <b>nuts</b></li> </ul>	<ul style="list-style-type: none"> <li>Mixed vegetables in coconut milk curry</li> <li><b>Idiyappam</b></li> </ul>
Wednesday	<ul style="list-style-type: none"> <li><b>Dosa</b> made with whole <b>green gram (pesarattu)</b></li> <li>Mint chutney</li> <li>Tender coconut water</li> </ul>	Custard apple	<ul style="list-style-type: none"> <li><b>Red lentils</b> and pumpkin <i>dal</i></li> <li><b>Horse gram</b> chutney</li> <li>Coriander <b>rice</b></li> </ul>	<ul style="list-style-type: none"> <li>Spiced buttermilk (<i>morul/majjige</i>)</li> <li><b>Sesame</b> toast</li> </ul>	<ul style="list-style-type: none"> <li><b>Chicken</b> curry</li> <li><b>Multigrain chapati</b></li> </ul>
Thursday	<ul style="list-style-type: none"> <li><b>Cornflakes</b> with <b>banana</b> and milk</li> <li><b>Dried ginger coffee</b></li> </ul>	Apple and walnut salad	<ul style="list-style-type: none"> <li>Minced <b>mutton</b> with <b>fenugreek leaves</b></li> <li>Garlic <i>rasam</i></li> <li>Curd</li> <li><b>Rice</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Almond milk</b></li> <li><b>Pomegranate</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Kidney beans</b> curry</li> <li><b>Finger millet (ragi) chapati</b></li> </ul>
Friday	<ul style="list-style-type: none"> <li><b>Semolina (rava) idli</b></li> <li><b>Coconut</b> chutney</li> <li>Spiced buttermilk (<i>morul/majjige</i>)</li> </ul>	Guava	<ul style="list-style-type: none"> <li><b>Fish</b> curry</li> <li>Tomato <i>rasam</i></li> <li><b>Rice</b></li> </ul>	<ul style="list-style-type: none"> <li>Indian gooseberry juice</li> <li>Steamed <b>peanuts</b></li> </ul>	<ul style="list-style-type: none"> <li>Vegetable <i>kothu parotta</i></li> <li>Curd</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>Mixed vegetables curry</li> <li><b>Poori</b></li> <li>Lemonade</li> </ul>	<b>Banana</b>	<ul style="list-style-type: none"> <li><b>Peas pulao</b></li> <li><b>Soya</b> nuggets (meal maker) and <b>potato</b> curry</li> <li>Beetroot onion salad</li> </ul>	<ul style="list-style-type: none"> <li>Orange juice</li> <li>Cucumber <b>kosambari kosumalli</b></li> </ul>	<ul style="list-style-type: none"> <li>Chettinad <b>crab</b> soup (<i>nandu rasam</i>)</li> <li>Curd</li> <li><b>Rice</b></li> </ul>
Sunday	<ul style="list-style-type: none"> <li><b>Broken wheat (samba rava) upma</b> with vegetables</li> <li><b>Coffee</b></li> </ul>	Muskmelon	<ul style="list-style-type: none"> <li><b>Mutton/lamb</b> and capsicum curry</li> <li>Coconut <b>rice</b></li> <li>Coriander chutney</li> </ul>	<ul style="list-style-type: none"> <li>Lemonade</li> <li>Handful of <b>walnuts</b> and <b>dates</b></li> </ul>	<ul style="list-style-type: none"> <li><b>Broccoli</b> and <b>potato</b> curry</li> <li><b>Chapati</b></li> </ul>