

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:** Bananas are a good snack for early labour, as they release energy slowly.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>• Semolina (<i>rava</i>) <b>idli</b></li> <li>• Coconut chutney</li> <li>• <b>Mango</b></li> </ul>	<b>Pomegranate</b>	<ul style="list-style-type: none"> <li>• Chettinad <b>crab</b> soup (<i>nandu rasam</i>)</li> <li>• <b>Red lentils</b> with snake gourd <i>dal</i></li> <li>• <b>Rice</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Almond milk</b></li> <li>• Mixed <b>nuts</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Potato</b> and <b>peas</b> curry</li> <li>• <b>Chapati</b></li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• <b>Wholewheat</b> toast</li> <li>• Scrambled <b>eggs</b></li> <li>• Orange juice</li> </ul>	<b>Banana</b>	<ul style="list-style-type: none"> <li>• <b>Fish</b> curry</li> <li>• <b>Ladies' finger</b> <i>palya/poriyal</i></li> <li>• Buttermilk (<i>moru/majjige</i>) with curry leaves</li> <li>• <b>Rice</b></li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade</li> <li>• <i>Murukku</i></li> </ul>	<ul style="list-style-type: none"> <li>• Vegetable <i>kothu parotta</i></li> <li>• Lemon pickle</li> <li>• Curd</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• <b>Potato</b> <i>masala</i></li> <li>• <b>Poori</b></li> <li>• <b>Coffee</b></li> </ul>	<b>Grapes</b>	<ul style="list-style-type: none"> <li>• <b>Chicken</b> with <b>fenugreek greens</b></li> <li>• <b>Horse gram</b> chutney</li> <li>• Pepper <i>rasam</i></li> <li>• <b>Rice</b></li> </ul>	<ul style="list-style-type: none"> <li>• Apple juice</li> <li>• <b>Green gram sprouts</b> <i>sundal</i></li> </ul>	<ul style="list-style-type: none"> <li>• Mixed vegetable noodles</li> <li>• Steamed <b>broccoli</b> and green <b>beans</b></li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• <i>Dosa</i> made with whole <b>green gram</b> (<i>pesarattu</i>)</li> <li>• Coriander mint chutney</li> <li>• Glass of milk</li> </ul>	Apple	<ul style="list-style-type: none"> <li>• <b>Mutton</b> sausage curry</li> <li>• <b>Turnip</b> <i>palya/poriyal</i></li> <li>• <b>Chapati</b>/<b>rice</b></li> </ul>	<ul style="list-style-type: none"> <li>• Tender coconut water</li> <li>• Roasted <b>sweet corn</b> (<i>bhutta</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Drumstick leaves soup</li> <li>• Mixed vegetables <b>sambhar</b></li> <li>• <b>Finger millet</b> (<i>ragi</i>) <i>idli</i></li> </ul>
Friday	<ul style="list-style-type: none"> <li>• <b>Chicken</b> stew</li> <li>• <b>Idiyappam</b></li> <li>• Sweet lime juice</li> </ul>	Muskmelon	<ul style="list-style-type: none"> <li>• Mixed <b>lentils</b> <i>dal</i></li> <li>• Capsicum <b>broccoli</b> and <b>peas</b> <i>masala</i></li> <li>• Cumin <b>rice</b></li> <li>• Roasted <i>papad</i></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Banana</b> milkshake</li> <li>• <b>Walnuts</b> and <b>dates</b></li> </ul>	<ul style="list-style-type: none"> <li>• Cottage cheese (<i>paneer</i>) and <b>spinach</b> curry</li> <li>• <b>Parotta</b></li> </ul>
Saturday	<ul style="list-style-type: none"> <li>• <b>Oats</b> porridge with fruits and <b>nuts</b></li> <li>• Tender coconut water</li> </ul>	Guava	<ul style="list-style-type: none"> <li>• Boiled <b>egg</b> curry</li> <li>• Cucumber and <b>carrot</b> salad</li> <li>• <b>Chapati</b></li> </ul>	<ul style="list-style-type: none"> <li>• Buttermilk (<i>moru/majjige</i>)</li> <li>• Vegetable cutlet</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>
Sunday	<ul style="list-style-type: none"> <li>• <b>Sago</b>(<i>sabudana/javvari si</i>) <i>upma</i> with <b>peanuts</b></li> <li>• Sapota milkshake</li> </ul>	Mixed <b>nuts</b> with raisins	<ul style="list-style-type: none"> <li>• <b>Minced meat</b> <i>pulao</i></li> <li>• <b>Chickpeas</b> and <b>spinach</b> curry</li> <li>• Beetroot salad</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tea</b></li> <li>• Split <b>Bengal gram</b> <i>vada</i> with <b>fenugreek leaves</b></li> </ul>	<ul style="list-style-type: none"> <li>• Stuffed mushroom <i>masala dosa</i></li> <li>• <b>Coconut</b> chutney</li> </ul>