

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"> • Chickpea flour (besan) cheela • Mint and coriander (<i>pudina dhaniya</i>) chutney • <i>Lassi</i> 	<ul style="list-style-type: none"> • Grapes (angoor) 	<ul style="list-style-type: none"> • Pigeon peas (arhar/toor) dal • Beans and coconut (beens nariyal) sabzi • Mango pulp (aam ras) • Rice 	<ul style="list-style-type: none"> • Coconut water (<i>nariyal pani</i>) • Roasted chickpeas (chana) 	<ul style="list-style-type: none"> • Green gram (hari moong) dal • Brinjal (<i>baingan bharta</i>) • Pomegranate (anaar) raita • Chapati/rice
Tuesday	<ul style="list-style-type: none"> • Idli with sambar and coconut (nariyal) chutney • Coffee 	<ul style="list-style-type: none"> • Figs (anjeer) 	<ul style="list-style-type: none"> • Peas and mushroom (<i>matar khumb</i>) curry • Okra (bhindi) sabzi • Rice 	<ul style="list-style-type: none"> • Buttermilk (<i>chhaach</i>) • Mixed nuts 	<ul style="list-style-type: none"> • Black gram (urad) dal • Carrot and beans (gajar beens) sabzi • Onion and carom seeds (<i>pyaaz ajwain</i>) <i>roti</i>
Wednesday	<ul style="list-style-type: none"> • Grilled cheese sandwich • Buttermilk (<i>chhaach</i>) 	<ul style="list-style-type: none"> • Banana (kela) 	<ul style="list-style-type: none"> • Red lentils (masoor) dal • Fenugreek potato (methi aloo) sabzi • Curd (dahi) • Chapati/rice 	<ul style="list-style-type: none"> • Pomegranate (anaar) juice • Flattened rice with beans and carrot (beens gajar poha) 	<ul style="list-style-type: none"> • Soya nugget curry • Snake gourd (<i>chachinda</i>) sabzi • Mint (<i>pudina</i>) <i>parantha</i>
Thursday	<ul style="list-style-type: none"> • Oats porridge (<i>jai daliya</i>) with raisins (<i>kishmish</i>) and milk 	<ul style="list-style-type: none"> • Dates (khajoor) 	<ul style="list-style-type: none"> • Mixed (milijhuli) dal • Spring onion and tomato (<i>hari pyaaz tamatar</i>) sabzi • Chapati/rice 	<ul style="list-style-type: none"> • Tea • Sweet potato (shakarkandi) chaat 	<ul style="list-style-type: none"> • Kidney beans (rajma) • Mushroom and peas (khumb matar) sabzi • Mixed flour (missi) <i>roti</i>
Friday	<ul style="list-style-type: none"> • Flattened rice with peas (matar poha) • <i>Lassi</i> 	<ul style="list-style-type: none"> • Apple (seb) 	<ul style="list-style-type: none"> • Bottle gourd (<i>lauki</i>) kofta curry • Cabbage (patta gobhi) sabzi • Chapati/rice 	<ul style="list-style-type: none"> • Papaya (<i>papita</i>) honey smoothie • Roasted peanuts (moongphali) 	<ul style="list-style-type: none"> • Mung bean (moong) dal • Round gourd (<i>tinda</i>) sabzi • Chapati/rice
Saturday	<ul style="list-style-type: none"> • Wholewheat cereal with banana (kela) and milk 	<ul style="list-style-type: none"> • Pear (nashpati) 	<ul style="list-style-type: none"> • Bengal gram (chana) dal • Turnip greens (shalgam saag) sabzi • Chapati/rice 	<ul style="list-style-type: none"> • Almond (badaam) milk • Sprouted peas (matar) chaat 	<ul style="list-style-type: none"> • Vegetable <i>khichdi</i> • Cucumber (<i>kheera</i>) raita
Sunday	<ul style="list-style-type: none"> • Cottage cheese (<i>paneer</i>) <i>bhurji</i> • Wholewheat toast • Mango (aam) milkshake 	<ul style="list-style-type: none"> • Papaya (papita) 	<ul style="list-style-type: none"> • Vegetable <i>pulao</i> • Cucumber tomato (<i>kheera tamatar</i>) raita • Roasted <i>papad</i> 	<ul style="list-style-type: none"> • Lemonade (<i>nimbu pani</i>) • Apple (<i>seb</i>), walnut (akhrot) and raisin (<i>kishmish</i>) salad 	<ul style="list-style-type: none"> • Spinach corn (paalak makka) curry • Beetroot (<i>chukandar</i>) sabzi • Pearl millet (bajra) <i>roti</i>