

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: Reduce the level of spice in your food if you are suffering from acidity.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> • Idli • Coconut (nariyal) chutney • Banana (kela) milkshake 	Apple (seb)	<ul style="list-style-type: none"> • Bottle gourd (<i>lauki</i>) kofta curry • Bitter gourd (<i>karela</i>) sabzi • Chapati/rice 	<ul style="list-style-type: none"> • Lemonade (<i>nimbu pani</i>) • Corn (makka) chaat 	<ul style="list-style-type: none"> • Mixed (milijhuli) dal • Runner bean (sem) sabzi • Beetroot (<i>chukandar</i>) salad • Chapati
Tuesday	<ul style="list-style-type: none"> • Salted wheat porridge (daliya) with vegetables • Buttermilk (<i>chhaach</i>) 	Pear (<i>nashpati</i>)	<ul style="list-style-type: none"> • Mushroom and pea (khumb matar) curry • Ridge gourd (<i>tori</i>) sabzi • Pearl millet (bajra) roti 	<ul style="list-style-type: none"> • Orange (<i>santara</i>) juice • Roasted peanuts (moongphali) 	<ul style="list-style-type: none"> • Red lentils (masoor) dal • Cottage cheese and sesame (paneer til) tikkas • Cucumber, tomato, spring onion (kheera, tamatar, hari pyaaz) salad • Chapati/rice
Wednesday	<ul style="list-style-type: none"> • Chickpea flour (besan) cheela with coriander (<i>dhaniya</i>) chutney • Tea 	Dates (<i>khajoor</i>)	<ul style="list-style-type: none"> • Soya chunks and potato (aloo) curry • Okra (bhindi) sabzi • Chapati/rice • Curd (<i>dahi</i>) 	<ul style="list-style-type: none"> • Coconut water (<i>nariyal pani</i>) • Green gram (hari moong) sprouts 	<ul style="list-style-type: none"> • Mustard greens (sarson ka saag) • Makke ki roti • Jaggery (<i>gur</i>)
Thursday	<ul style="list-style-type: none"> • Cottage cheese (<i>paneer</i>) and mint (<i>pudina</i>) chutney sandwich • Apple (seb) juice 	Watermelon (<i>tarbooj</i>)	<ul style="list-style-type: none"> • Vegetable pulao • Tomato onion (<i>tamatar pyaaz</i>) salad • Pineapple (<i>ananaas</i>) raita 	<ul style="list-style-type: none"> • Pomegranate (anaar) juice • Chickpeas (chhole) chaat 	<ul style="list-style-type: none"> • Radish (<i>mooli) parantha</i> • Mango (<i>aam</i>) chutney • Curd (<i>dahi</i>)
Friday	<ul style="list-style-type: none"> • Oats (jai) upma with peanuts (moongphali) • Mango (<i>aam</i>) panna 	Guava (<i>amrud</i>)	<ul style="list-style-type: none"> • Peas and foxnut (matar makhana) curry • Colocasia (<i>arbi</i>) sabzi • Chapati/rice 	<ul style="list-style-type: none"> • Tea • Garlic cheese toast 	<ul style="list-style-type: none"> • Jackfruit (<i>katha</i>) curry • Capsicum and cauliflower (<i>shimla gobi</i>) sabzi • Curd (<i>dahi</i>) • Mixed flour (missi) roti
Saturday	<ul style="list-style-type: none"> • Fenugreek (methi) parantha • Indian gooseberry (<i>amla</i>) juice 	Custard apple (<i>sitaphal</i>)	<ul style="list-style-type: none"> • Black-eyed pea (lobhia) curry • Runner bean (sem) sabzi • Cucumber (<i>kheera</i>) salad • Chapati/rice 	<ul style="list-style-type: none"> • <i>Jal jeera</i> • Baked potato (aloo) wedges 	<ul style="list-style-type: none"> • Stuffed brinjal (<i>baingan bharta</i>) • Mint (<i>pudina</i>) raita • Cumin (<i>jeera</i>) rice
Sunday	<ul style="list-style-type: none"> • Flattened rice with peas and beans (matar beens poha) • Glass of milk 	Banana (<i>kela</i>)	<ul style="list-style-type: none"> • Kidney beans (rajma) curry • Sesame and potato (til aloo) sabzi • Onion and tomato (<i>pyaaz tamatar</i>) raita • Rice 	<ul style="list-style-type: none"> • Buttermilk (<i>chhaach</i>) • Mixed nuts 	<ul style="list-style-type: none"> • Rice curry (bhaat na rasa wala muthia) • Beans and coconut (beens nariyal) sabzi • Curd (<i>dahi</i>)