

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"> • Oats porridge with dates and raisins • Filter coffee 	Apple	<ul style="list-style-type: none"> • Mint rice • Crispy potatoes • Tomato raita 	<ul style="list-style-type: none"> • Orange juice • Puffed rice with peanuts 	<ul style="list-style-type: none"> • Vegetable kothu parotta • Lemon pickle • Curd
Tuesday	<ul style="list-style-type: none"> • Capsicum and onion uthappam • Coconut chutney • Milk 	Papaya	<ul style="list-style-type: none"> • Soya chunks (meal maker) curry • Vegetable fried rice 	<ul style="list-style-type: none"> • Grape juice • Roasted corn (<i>bhutta</i>) 	<ul style="list-style-type: none"> • Tamarind rice with peanuts • Curd • Roasted <i>papad</i>
Wednesday	<ul style="list-style-type: none"> • Wholewheat <i>masala</i> vegetable toast • Tender coconut water 	Pomegranate	<ul style="list-style-type: none"> • Ash gourd sambhar • Ladies' finger <i>palya/poriyal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Spiced buttermilk (<i>morul/majjige</i>) • Mixed nuts 	<ul style="list-style-type: none"> • Semolina (<i>rava</i>) idli • Coriander coconut chutney
Thursday	<ul style="list-style-type: none"> • Sweet pongal • Coffee 	Guava	<ul style="list-style-type: none"> • Pigeon peas and fenugreek greens <i>dal</i> • Cumin rice • Mint raita 	<ul style="list-style-type: none"> • Lemonade • Sprouted peas <i>sundal</i> 	<ul style="list-style-type: none"> • Green gram <i>khichdi</i> • Cucumber and onion salad • Curd
Friday	<ul style="list-style-type: none"> • Semolina (<i>rava</i>) dosa • Mixed vegetable curry Banana milkshake 	Mango	<ul style="list-style-type: none"> • Horse gram chutney • Red lentils and pumpkin <i>dal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Dates milkshake 	<ul style="list-style-type: none"> • Chickpeas and spinach curry • Chapati
Saturday	<ul style="list-style-type: none"> • Vermicelli <i>upma</i> with sprouts • Guava 	Muskmelon	<ul style="list-style-type: none"> • Sweet potato and shallots sambhar • Garlic <i>rasam</i> • Carrot and peas <i>palya/poriyal</i> • Curd • Rice 	<ul style="list-style-type: none"> • Sweet lime juice • Mixed sprouts <i>sundal</i> 	<ul style="list-style-type: none"> • Mixed lentils and rice <i>dosa</i> (<i>ada</i>) • Mixed vegetables in coconut and yoghurt gravy (<i>avial</i>)
Sunday	<ul style="list-style-type: none"> • Wholewheat flakes with fruits and milk • Mango 	Pear	<ul style="list-style-type: none"> • Bottle gourd sambhar • Beans <i>palya/poriyal</i> • Pepper <i>rasam</i> • Rice 	<ul style="list-style-type: none"> • Sago (<i>sabudana/javvarisi</i>) <i>payasam</i> with nuts and raisins 	<ul style="list-style-type: none"> • Kidney beans curry • Multigrain <i>chapati</i>