

Foods rich in **omega 3 fatty acids** will help your baby's brain development. We've highlighted in **brown** foods that are rich in **omega 3 fatty acids**. **Calcium** and vitamin D help to grow strong bones and teeth. We've highlighted in **blue** foods that are rich in **calcium**.

**Betacarotene** is important for healthy skin and blood. We've highlighted in **light orange** foods that are rich in **betacarotene**. You'll need plenty of **iron-rich foods** 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:** Keep a pack of almonds in your desk drawer in office for an easy-to-eat and nutrient-rich energy boost.

	Breakfast	Snack	Lunch	Snack	Dinner
Monday	<ul style="list-style-type: none"> <li>• <b>Peas (matar)</b> parantha</li> <li>• <b>Orange (santara)</b> juice</li> </ul>	Muskmelon (kharbooja)	<ul style="list-style-type: none"> <li>• <b>Horse gram (kala chana)</b> curry</li> <li>• Okra (bhindi) sabzi</li> <li>• Cucumber and <b>flaxseed (kheera als)</b> <b>raita</b></li> <li>• Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Coconut water (nariyal pani)</li> <li>• Cucumber and <b>carrot (kheera gajar)</b> sticks</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Curd (dahi)</b> rice</li> <li>• Mixed vegetables sabzi</li> <li>• Roasted papad</li> </ul>
Tuesday	<ul style="list-style-type: none"> <li>• Sago and <b>peanut (sabudana moongphali)</b> upma</li> <li>• <b>Coffee</b></li> </ul>	Banana (kela)	<ul style="list-style-type: none"> <li>• <b>Soya</b> and <b>pea (matar)</b> curry</li> <li>• Cumin potatoes (jeera aloo) sabzi</li> <li>• Chapati/rice</li> </ul>	<ul style="list-style-type: none"> <li>• Wood apple (bael) sharbat</li> <li>• Roasted <b>chickpeas (chana)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mixed (milijhuli)</b> dal</li> <li>• Ridge gourd (tori) sabzi</li> <li>• Pineapple (ananaas) <b>raita</b></li> <li>• <b>Buckwheat (kuttu)</b> chapati</li> </ul>
Wednesday	<ul style="list-style-type: none"> <li>• <b>Wholewheat toast</b> with cheese</li> <li>• Watermelon (tarbooj) juice</li> </ul>	<b>Ripe papaya (papita)</b>	<ul style="list-style-type: none"> <li>• <b>Spinach (paalak)</b> and <b>lentils dal</b></li> <li>• <b>Beans</b> and <b>carrot (beens gajar)</b> sabzi</li> <li>• <b>Curd (dahi)</b></li> <li>• Chapati/rice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mango (aam)</b> panna</li> <li>• Puffed rice (murmura) with <b>peanuts (moongphali)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Pigeon pea (arhar/toor)</b> dal</li> <li>• Radish (mooli) sabzi</li> <li>• Pomegranate (anaar) <b>raita</b></li> <li>• Chapati/rice</li> </ul>
Thursday	<ul style="list-style-type: none"> <li>• <b>Oats</b> porridge (<b>jai daliya</b>) with mixed <b>nuts</b></li> <li>• Fruit salad</li> </ul>	Grapes (angoor)	<ul style="list-style-type: none"> <li>• <b>Green gram (hari moong)</b> dal</li> <li>• Bottle gourd (lauki) sabzi</li> <li>• Chapati/rice</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Lassi</b></li> <li>• Mixed <b>nuts</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Sattu</b> parantha</li> <li>• <b>Tomato (tamatar)</b> chutney</li> <li>• Cumin and onion (jeera pyaaz) <b>raita</b></li> </ul>
Friday	<ul style="list-style-type: none"> <li>• Sautéed mushrooms (khumb)</li> <li>• <b>Wholewheat toast</b></li> <li>• Banana (kela) <b>milkshake</b></li> </ul>	Apple and walnuts (seb akhrot) chaat	<ul style="list-style-type: none"> <li>• Lemon rice</li> <li>• <b>Drumstick (shingphali) sambhar</b></li> <li>• Green banana (kacha kela) vegetable</li> <li>• Roasted papad</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Chickpeas (chhole)</b> chaat</li> <li>• <b>Buttermilk (chhaach)</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Red lentil (masoor)</b> dal</li> <li>• Cauliflower (gobhi) sabzi</li> <li>• Chapati/rice</li> </ul>
Saturday	<ul style="list-style-type: none"> <li>• <b>Cottage cheese (paneer)</b> roti wrap</li> <li>• <b>Mint (pudina)</b> chutney</li> <li>• Sweet lime (mausambi) juice</li> </ul>	Pomegranate (anaar)	<ul style="list-style-type: none"> <li>• <b>Kidney beans (rajma)</b> curry</li> <li>• Mixed vegetable sabzi</li> <li>• <b>Curd (dahi)</b></li> <li>• Cumin (jeera) rice</li> </ul>	<ul style="list-style-type: none"> <li>• Lemonade (nimbu pani)</li> <li>• <b>Sesame (til)</b> and <b>sweet potato (shakarkandi)</b> cutlets</li> </ul>	<ul style="list-style-type: none"> <li>• Jackfruit (katha) curry</li> <li>• <b>Carrot</b> and <b>peas (gajar matar)</b> sabzi</li> <li>• Chapati/rice</li> </ul>
Sunday	<ul style="list-style-type: none"> <li>• <b>Chickpea flour (besan) cheela</b></li> <li>• Tamarind (imli) chutney</li> <li>• Coconut water (nariyal pani)</li> </ul>	<b>Mango (aam)</b>	<ul style="list-style-type: none"> <li>• Potato and <b>peas (aloo matar)</b> curry</li> <li>• <b>Pumpkin (kaddu)</b> sabzi</li> <li>• Onion (pyaaz) <b>raita</b></li> <li>• Poori/chapati</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Tea</b></li> <li>• Steamed corn (makka)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Mung bean (moong) dal</b> with <b>lamb's quarter (bathua)</b></li> <li>• Cabbage (patta gobhi) sabzi</li> <li>• Chapati/rice</li> </ul>

**Note:** **Lentils (dal)** are also a good source of **iron**.