

## Pregnancy Diet Chart



## Sunday

<b>Breakfast</b> (8:00-8:30A M)	Chapathi-4+ Egg roast ½ cup( 1 egg)/ Ragi Dosa- 3+ Tomato + onion chutney ½ cup.
<b>Mid-Meal</b> (11:00-11:3 0AM)	Avocado(75gms)/ nuts (almonds- 4, raisins-6 walnuts-3) milkshake, {Milk-150ml}
<b>Lunch</b> (2:00-2:30P M)	1.5 cup brown rice + ½ cup sambhar (arhar dal)+ Grilled chicken ( 150 gm)+100 gms curd.
<b>Evening</b> (4:00-4:30P M)	Lentil sprouts 1 cup
<b>Dinner</b> (8:00-8:30P M)	3 Roti / chappati.+ Tomato subji 1/2 cup.

## Monday

<b>Breakfast</b> (8:00-8:30A M)	Upma-1.5 cup/ poha- 1.5 cup+ coconut chutney/tomato chutney/green chutney- 2tsp
<b>Mid-Meal</b> (11:00-11:30AM)	1 Portion fruit salad+ Cottage cheese.
<b>Lunch</b> (2:00-2:30PM)	1.5 cup rice+ 1/2 cup Dhal+ Palak subji 1/2 cup+ 1/2 cup curd.
<b>Evening</b> (4:00-4:30PM)	Channa chat 1 cup+ 1 cup light tea.
<b>Dinner</b> (8:00-8:30PM)	3 roti/ Chapathi+ Ladies finger subji 1/2 cup.

## Tuesday

<b>Breakfast</b> (8:00-8:30A M)	Idli-4/ medium dosa-3-sambhar(1 cup)+1tsp tomato chutney
<b>Mid-Meal</b> (11:00-11:30AM)	green gram sprouts 1 cup
<b>Lunch</b> (2:00-2:30PM)	Veg pulav rice 1.5 cup+ 1 cup Soya Chunk curry+ 1/2 cup curd.
<b>Evening</b> (4:00-4:30PM)	Fruits salad 1 cup+ 1/2 cup milk.

**Dinner**  
(8:00-8:30P  
M)

Broken wheat upma 1 cup+ 1/2 cup green beans subji

## Wednesday

**Breakfast**  
(8:00-8:30A  
M)

Moongdal chilla-3/+pudina/coconut chutney-2tsp/ Wheat dosa-4+  
Tomato subji ½ cup.

**Mid-Meal**  
(11:00-11:3  
0AM)

Blue berry shake 1 cup

**Lunch**  
(2:00-2:30P  
M)

1.5 cup Mutton biryani. Cucumber onion Raita ½ cup.

**Evening**  
(4:00-4:30P  
M)

Sweet potato salad (cooked sweet potato-200gm, chat masala- 1  
pinch, lemon juice- 1 tsp)+ Light tea /coffee 1 cup.

**Dinner**  
(8:00-8:30P  
M)

Wheat dosa 3 + 1/2 cup Bitter guard subji.

## Thursday

**Breakfast**  
(8:00-8:30A  
M)

Hung curd cucumber sandwich(3 slices)-1/  
oats(75gm)+milk-200ml

**Mid-Meal**  
(11:00-11:3  
0AM)

Boiled black channa 1 cup

**Lunch**  
(2:00-2:30P  
M)

1/2 cup rice + 2 medium chappati+1/2 cup Kidney beans curry+  
Snake guard subji 1/2 cup.

<b>Evening</b> (4:00-4:30P M)	Fruits salad 1 cup+ 1/2 cup milk.
<b>Dinner</b> (8:00-8:30P M)	3 Roti/ chapati+ 1/2 cup spinach subji.

## Friday

<b>Breakfast</b> (8:00-8:30A M)	Rice dosa-4 +1/2 cup sambhar+ Boiled egg-1/ broken wheat upma with vegetables-1.5 cup+ Egg omelette ( 1 egg)
<b>Mid-Meal</b> (11:00-11:30AM)	1 Portion fruit salad+ Cottage cheese.
<b>Lunch</b> (2:00-2:30P M)	Tomato rice1.5 cup+ Soya chunk curry 1 cup+ small cup curd.
<b>Evening</b> (4:00-4:30P M)	1 cup tea+ Brown rice flakes 1 cup+ Jaggery
<b>Dinner</b> (8:00-8:30P M)	3 Roti / chappathi+Ridge guard subji 1/2 cup.

## Saturday

<b>Breakfast</b> (8:00-8:30A M)	Sprouts & Paneer Paratha 3+ Green chutney.
<b>Mid-Meal</b> (11:00-11:30AM)	1 cup bana+ almond milk shake.

<b>Lunch</b> <b>(2:00-2:30P</b> <b>M)</b>	3 medium lachha parantha + ½ cup chana masala + cucumber and onion salad 1 cup
<b>Evening</b> <b>(4:00-4:30P</b> <b>M)</b>	Boilled balack channa 1 cup+ light tea/ coffee 1 cup
<b>Dinner</b> <b>(8:00-8:30P</b> <b>M)</b>	Brocken wheat upma 1 cup+ 1/2 cup green beans subji

Please call us for any query or get more diet chart to visit our website:

<https://drdeepikashomeopathy.com/all-diet-charts/>

## **Thanks & Regard**

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