

WEEK 3 PLAN FOR LACTATING MOTHER

	Early Morning (7:00am)	Breakfast (9:00am)	Mid-Morning (11:00am)	Lunch (1:30pm)	Evening (4:30pm)	Dinner (7:30 pm)	Bed Time (9:00pm)
Monday	1 glasses of lukewarm water + soaked almonds and raisins	2 slice of multigrain bread & do stuffing of cucumber + Tomatoes + Paneer slice or cheese slice + Onion	7-8 black chana roasted +any fruit	white chana in gravy form + 1 katori rice +chapati+ methi or gobi	sund panjiri half katori +1 cup of milk	Palak + Kadam sabzi+ 1 chapati or allu soyabean sabzi	1 cup of milk add elaichi while boiling
Tuesday	1 glasses of lukewarm water + soaked almonds and raisins	Veg dalia 1 bowl or veg upma or 1 roti stuffed with palak + curd	papaya + 1 cup of green tea	Green dal(whole) add ghiya in dal (optional)+1 katori rice+ 1 chapati	sund panjiri half katori +1 cup of milk	Veg soup add paneer cubes in it +1 katori curry plus 2 chapatis	1 glass of lukewarm water+1 sp of isabgol
Wednesday	1 glasses of lukewarm water + soaked almonds and raisins	Methi stuffed roti or prantha(1)+1cup of tea or 1 katori curd	1 spoon of seeds (soaked in water for 1 hour atleast)	1 katori kulth dal +beans & potato veg+1chapati+2 chapati (jau)	sund panjiri half katori +1 cup of milk	Veg dalia 1 bowl /Quinoa pulao	1 glass of milk+1 soaked anjir
Thursday	1 glasses of lukewarm water + soaked almonds and raisins	Mix veg parantha+1 cup curd	1 glass of coconut water/1 slice of coconut	2 small multigrain roti/1 bowl rice/1 bowl of ghiya /1 katori red masar dal	sund panjiri half katori +1 cup of milk	Veg pulao or khichdi or lemon garlic ckicken+1/2 karori rice	ajwain tea with roasted makhana
Friday	1 glasses of lukewarm water + soaked almonds and raisins	1 bowl of vegetables rawa upma+1 cup of tea (very less sugar)	1 cup of green tea/herbal tea any fruit	1 jawar roti+ bhindi + 1 green mong dal	sund panjiri half katori +1 cup of milk	1 bowl of veg soup/ chicken soup + chapati with omellete	1 cup of turmeric milk +1 walnut soaked
Saturday	1 glasses of lukewarm water + soaked almonds and raisins	2 egg omelette	any fruit	1 bowl of curry+ 1 chapati	sund panjiri half katori +1 cup of milk	paneer bhurji with veggies + 2 chapatis	1 cup of dalchini tea
Sunday	1 glasses of lukewarm water + soaked almonds and raisins	Veg ragi idli+1 cup of tea or have 1 glass of mango/banana shake without sugar	nariyal pan 1 or fruit	Moong sprouts salad + bhindi veg with 2 small chapati)	sund panjiri half katori +1 cup of milk	2 boiled eggs + allu matar sabzi plus chapati	1 cup of milk +4 almonds+1 walnuts