

## Week 2: Diet Plan for pregnancy

	Early Morning (7:00am)	pre Breakfast meal (8:00am)	Breakfast (9-9:30 am)	Mid-Morning (11:00am)	Lunch (1:30pm)	Evening (4:30pm)	Mid- Evening (6 pm)	Dinner (8 PM)	Bed Time (9:00pm)
<b>Monday</b>	1 glass of lemon water	2 boiled egg	tofu / paneer prantha (saute only)	mausami (100gms)	1 katori arhar dal +beans veg +2 chapati+salad or chicken biriyani	1 cup green tea +makhana/ roasted	broccoli+corns soup ad 1 sp of flax seeds	Bhindi+curd+2 chapati	1 cup of milk+4-5 soaked almond
<b>Tuesday</b>	1 glass of lemon water	5 almonds soaked+raisins soaked	carrot+beetroot prantha(saute only)	1 bowl small watermelon	beans veg + curd( giya raita)+salad+ chapati 2 (jau)	almond milk 1 glass	corn +lemon corriander soup	paneer bhurji+1 chapati	1 cup of saunf tea
<b>Wednesday</b>	1 glass of lemon water	oats chia puuding + add 1 walnut +5 almonds+ 1 date ( all nuts soaked)	1 bowl of poha squeeze lemon +add 1 sp of flax seeds powder	cup of green tea+mix seeds (1spn)soaked	chilli soyabean chunks (1 katori)+ 1/2 chapatis+salad	coldcoffe/1cup of lemon tea	chicken soup	arhar dal add beans in it +2 chapati	1 cup of milk +4 almonds+1 walnuts soaked
<b>Thursday</b>	1 glass of lemon water	1/2 slice bread butter with tea(prefferably home made butter)	1 bowl of suji upma with lots of veggies	musk melon 1small bowl	1 bowl of curry/ egg curry+1 katori rice+salad	murmura bhel 1 katori/ 1katori veg vervecilli	moon wash dal soup 1bowl+half sp ghee+1 tsp of flax seeds	ghiya with nutri +2 jau chapati	1 glass of lukewarm milk+1 walnut soaked+1 date
<b>Friday</b>	1 glass of lemon water	1 nariyal pani+almonds soaked+1 anjeer soaked	paneer bhurji / egg bhurji + 2 chapatis (jau & wheat)	1 cup of tea+makahana and raisins	rajmah 1katori(squeeze) + 1 katori rice+salad+butter milk	1 cup of green tea	peas+broccoli+spinach soup	khichdi with 1 spoon of ghee in it (add paneer)	1 cup of turmeric milk
<b>Saturday</b>	1 glass of lemon water	oats smoothie	1 bowl of multi grain bread upma / bread upma	nariyal pani/1 cup of green tea	chickpea in gravy (1 bowl)+ 2 chapati (jawar)	curd raita / butter milk	chia pudding with mangoes slices+apple	chiken biriyani+ salad and lemon	1 cup of dalchini tea
<b>Sunday</b>	1 glass of lemon water	bowl of fruit curd	chana / allu puri	cup of green tea+mix seeds (1spn)	fried rice / chicken pulao	1 glass of lukewarm lemon water / lemon tea	bowl of fruit curd	kathi roll (panner withsauteed veggies in chapati as a roll)	1 cup of milk +4 almonds+1 walnuts

**NOTE :** HAVE 1 GLASS OF WATER IN BETWEEN EVERY 2 HOURS AT 8:00AM,10:00AM,12:00PM,3:00PM,4PM,6PM

**WORKO** 45 MINS BRISK WALK/CARDIO 30 MINS/YOGA FOR 40 MINS/PRANAYAMS FOR 40 MINS PER DAY

**UT :**