

Pregnancy plan

MORNING DRINK- 1cup Luke warm water

BREAKFAST OPTIONS-

2DAYS- 1 bowl poha / 1 bowl oats

2DAYS- 1 beetroot Paratha with curd/ oats smoothie with fruits

3DAYS- 1 curd sandwich / Apple + beetroot juice

[you can have tea/coffee if required]

MID- MORNING- coconut water/any seasonal fruit or 3 anjeer

LUNCH-

3DAYS- 1bran roti+any dal or sabji+curd or buttermilk or salad

2DAYS- rice+any curry or dal+salad+curd [you can

Buttermilk

1Day- 1 veg pulao with raita

1Day- 1 Oats chilla with chutney

EVENING SNACK- milk tea+any seasonal fruit

1. Bhel
2. Makhana bhel

DINNER-

3DAYS- 1 jowar roti + 1 bowl dal + sabzi + salad .

2DAYS- 3 oats tikki with chutney

2 DAYS- 1 bowl dal khichdi

BEDTIME- 1cup warm water.

DOs / DONTs

1. Should have frequent and small meals.
2. Have at least 2-3 liters of water a day.
3. Have at least 7 hours of sleep daily.
4. Avoid the intake of sweetened drinks like colas, juices, etc.
5. Avoid adding salad dressing/mayo/any other type of sauces.
[Only vinegar dressing is allowed]
6. For mid night cravings you can go for any fruit/roasted makhana/chana.
7. Vegetables - all seasonal vegetables are allowed except arbi.
Potato is allowed only once a week.
8. Fruits - all fruits except are allowed.

9. Oil – Not more than 3-4 Tbsp of oil (including ghee) in a day.
10. Do not add extra salt in salads, curd, fruit salad. Avoid papad.
11. Always use low fat milk and its products.
12. Any form of physical activity like walking, jogging, dancing, yoga etc. for at-least 40 mins for 5 days a week is highly recommended.
13. Choose multigrain / wheat bread
14. Limit your sugar intake to not more than 2 tsp a day or avoid it
15. Manage your stress and Do some deep breathing at any time of the day.

