

PREGNANCY PLANS

Early Morning: 1 glass lukewarm water with honey.

Breakfast: Tea/ coffee with minimum sugar

2 days: 2 gheeya besan chilla with curd/beetroot besan chilla

2 days: 1 bowl oats with curd/ 2 oats pancake

2 days: 2 hung curd sandwich / paneer sandwich

1 day: Masala idli with sambhar

Mid morning: 1 fruit (avoid papaya) / coconut water

Lunch :

2 days: 1 bowl grilled paneer chaat / bean and tofu salad

2 days: 2 roti + 1 bowl sabzi + curd/dal + salad

2 days : quinoa khichdi with raita / veg pulao with raita

1 day: 1 glass Apple nuts smoothie / makhana smoothie

Evening: Tea/coffee

1 bowl bhel

1 bowl makhana chaat

1 glass buttermilk

1 glass lassi

Dinner:

2 days: 1 kuttu dosa with sambhar/ 4 oats gheeya tikki with chutney

2 days: 1 bowl kaddi + rice + salad

2 days: 1 paneer paratha with beet root salad/ 1 dal paratha with salad

1 day: 2 oats uttapam / 2 oata chilla with chutney

Bed time: 1 cup milk

