



Makes You Eat, Mumbai

by Dietician Foram Modi

(Dietitian Approved)

Pregnancy Diet Chart Month by Month

9 Month's Pregnancy Diet Plan

Disclaimer: Individual pregnancy nutritional needs may vary. Please consult your gynecologist before making any major changes to your diet.

by Best Clinical Dietitian in Mumbai – Dt. Foram Modi

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8369030744



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PREGNANCY DIET CHART MONTH BY MONTH

1st
Month

5 Breakfast Options

1. **Oats porridge with milk, chia seeds, and berries** – Provides fiber, protein, omega-3s, and antioxidants.
2. **Whole wheat toast with avocado and boiled egg** – Rich in healthy fats, protein, and folate.
3. **Dalia (broken wheat porridge) with milk and chopped dates** – Iron, fiber, and calcium-rich.
4. **Smoothie with spinach, banana, yogurt, and flaxseeds** – Folate, probiotics, calcium, and omega-3s.
5. **Besan (chickpea flour) pancake with grated carrot** – Protein-rich, easy to digest, and supports iron intake.

Breakfast

5 Lunch Options

1. **Brown rice with moong dal, mixed vegetable curry, and cucumber raita** – Provides protein, fiber, and hydration for energy.
2. **Chapati with paneer bhurji and sautéed spinach** – Supplies calcium, protein, and vitamins for early fetal growth.
3. **Quinoa salad with chickpeas, cucumber, and olive oil** – Folate, protein, and healthy fats.
4. **Vegetable khichdi with a teaspoon of ghee** – Easy to digest, nutrient-dense, and gentle on the stomach.
5. **Lentil soup with multigrain bread and carrot sticks** – Provides iron, fiber, and vitamins for maternal health.

Lunch

5 Dinner Options

1. **Grilled fish or tofu with steamed vegetables and brown rice** – Protein, omega-3s, and micronutrients for early brain and tissue development.
2. **Chapati with moong dal and bottle gourd sabzi** – Light, fiber-rich, and gentle on digestion.
3. **Vegetable soup with whole wheat toast** – Hydrating and nutrient-dense for easy digestion.
4. **Millet rotis with mixed vegetable curry and low-fat yogurt** – Balanced carbs, protein, and calcium.
5. **Stuffed bell peppers with quinoa, peas, and corn** – Rich in vitamins, folate, protein, and antioxidants.


Dinner

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PREGNANCY DIET CHART MONTH BY MONTH

2nd
Month

5 Breakfast Options

- 1. Oats porridge with milk, chia seeds, and banana**
 - Provides fiber, protein, and essential vitamins for energy.
- 2. Whole wheat toast with avocado and boiled egg**
 - Rich in healthy fats, protein, and folate
- 3. Smoothie with spinach, berries, yogurt, and flaxseeds**
 - Packed with antioxidants, probiotics, and omega-3s
- 4. Besan (chickpea flour) chilla with grated vegetables**
 - Protein-rich, easy to digest, and keeps you full
- 5. Dalia (broken wheat porridge) with milk and nuts**
 - Keeps blood sugar stable and supplies fiber

Breakfast

5 Lunch Options

- 1. Brown rice with dal, mixed vegetable sabzi, and cucumber raita**
 - High in protein, fiber, and hydration.
- 2. Quinoa salad with chickpeas, tomatoes, cucumber, and olive oil**
 - Rich in healthy fats, protein, and folate
- 3. Chapati with paneer bhurji and sautéed spinach**
 - Provides calcium, iron, and protein
- 4. Lentil soup with multigrain bread and carrot-cucumber sticks**
 - Boosts fiber, vitamins, and hydration
- 5. Vegetable khichdi with a teaspoon of ghee**
 - Easy to digest and maintains energy levels

Lunch

5 Dinner Options

- 1. Grilled fish or tofu with steamed vegetables and brown rice**
 - Provides protein, omega-3, and essential micronutrients.
- 2. Chapati with moong dal and pumpkin sabzi**
 - Light, fiber-rich, and gentle on digestion
- 3. Vegetable soup with whole wheat garlic toast**
 - Hydrates and supplies fiber and vitamins
- 4. Millet rotis with mixed vegetable curry and low-fat yogurt**
 - Balanced carbs, protein, and calcium
- 5. Stuffed bell peppers with quinoa and vegetables**
 - Rich in vitamins, antioxidants, and protein

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PREGNANCY DIET CHART MONTH BY MONTH

3rd
Month

5 Breakfast Options

1. **Oats porridge with milk, almonds, and chopped apple**
 - Provides fiber, protein, and antioxidants for energy.
2. **Whole wheat toast with peanut butter and banana slices**
 - Rich in healthy fats, protein, and potassium to combat fatigue
3. **Dalia (broken wheat porridge) with milk and raisins**
 - Keeps blood sugar stable and supplies fiber and iron
4. **Smoothie with spinach, mango, yogurt, and chia seeds**
 - Packed with folate, probiotics, calcium, and omega-3s
5. **Moong dal cheela with grated carrot and coriander**
 - Protein-rich, easy to digest, and supports iron intake

Breakfast

5 Lunch Options

1. **Brown rice with masoor dal, mixed vegetable sabzi, and cucumber raita**
 - High in protein, fiber, and hydration to maintain energy.
2. **Chapati with paneer tikka and sautéed green beans**
 - Supplies calcium, protein, and vitamins essential for bone and tissue development
3. **Quinoa khichdi with spinach and peas**
 - Folate, protein, and fiber-rich, aiding digestion and fetal growth
4. **Lentil soup with multigrain bread and carrot sticks**
 - Provides iron, vitamins, and hydration for overall health
5. **Vegetable khichdi with a teaspoon of ghee**
 - Easy to digest and maintains energy levels

Lunch

5 Dinner Options

1. **Grilled chicken or tofu with steamed broccoli and brown rice**
 - Protein, iron, and calcium support maternal and fetal tissue growth.
2. **Chapati with moong dal and bottle gourd sabzi**
 - Light, fiber-rich, and gentle on digestion to prevent bloating
3. **Vegetable soup with whole wheat toast**
 - Hydrating, nutrient-dense, and helps with satiety
4. **Millet rotis with mixed vegetable curry and low-fat yogurt**
 - Provides balanced carbs, protein, and calcium for bone health
5. **Stuffed capsicum with quinoa, corn, and beans**
 - High in vitamins, folate, antioxidants, and protein to support early fetal organ development

Dinner

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PREGNANCY DIET CHART MONTH BY MONTH

4th
Month

5 Breakfast Options

1. **Oats porridge with milk, walnuts, and chopped pear** – Provides fiber, protein, and omega-3 for energy and brain development.
2. **Whole wheat toast with avocado and boiled egg** – Rich in healthy fats, protein, and folate to support fetal growth.
3. **Dalia (broken wheat porridge) with milk and chopped dates** – Keeps blood sugar stable and supplies fiber, iron, and calcium.
4. **Smoothie with spinach, banana, yogurt, and flaxseeds** – Packed with folate, probiotics, calcium, and antioxidants.
5. **Besan (chickpea flour) pancake with grated zucchini** – Protein-rich, easy to digest, and supports iron intake

Breakfast

5 Lunch Options

1. **Brown rice with chana dal, mixed vegetable curry, and cucumber raita** – High in protein, fiber, and vitamins to maintain energy and blood health.
2. **Chapati with paneer bhurji and sautéed broccoli** – Supplies calcium, protein, and vitamin K for bone development.
3. **Quinoa salad with kidney beans, tomatoes, cucumber, and olive oil** – Folate, protein, and healthy fats for fetal brain and tissue growth.
4. **Vegetable khichdi with a teaspoon of ghee** – Easy to digest and nutrient-dense, ideal for afternoon meals.
5. **Lentil soup with multigrain bread and carrot sticks** – Provides iron, fiber, and hydration for maternal health

Lunch

5 Dinner Options

1. **Grilled fish or tofu with steamed vegetables and brown rice** – Protein, omega-3 fatty acids, and micronutrients for brain and tissue development.
2. **Chapati with moong dal and bottle gourd sabzi** – Light, fiber-rich, and gentle on digestion for a restful evening.
3. **Vegetable soup with whole wheat toast** – Hydrating, nutrient-dense, and helps maintain satiety.
4. **Millet rotis with mixed vegetable curry and low-fat yogurt** – Balanced carbs, protein, and calcium for bones and teeth.
5. **Stuffed bell peppers with quinoa, peas, and corn** – Rich in vitamins, folate, protein, and antioxidants to support fetal growth

Dinner

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PREGNANCY DIET CHART MONTH BY MONTH

5th
Month

5 Breakfast Options

1. **Oats porridge with milk, flaxseeds, and berries** – Provides fiber, antioxidants, protein, and omega-3s.
2. **Whole wheat toast with almond butter and banana slices** – Supplies healthy fats, potassium, and protein.
3. **Dalia (broken wheat porridge) with milk and chopped figs** – Keeps blood sugar stable and supports iron intake.
4. **Smoothie with spinach, pineapple, yogurt, and chia seeds** – Rich in folate, probiotics, calcium, and vitamins.
5. **Moong dal cheela with grated carrot and coriander** – Protein-rich, easy to digest, and high in fiber

Breakfast

5 Lunch Options

1. **Brown rice with masoor dal, mixed vegetable curry, and cucumber raita** – High in protein, fiber, and hydration for energy.
2. **Chapati with paneer tikka and sautéed green beans** – Supplies calcium, protein, and vitamins for bones and tissue development.
3. **Quinoa salad with kidney beans, cucumber, and olive oil** – Folate, protein, and healthy fats for fetal brain and muscle growth.
4. **Vegetable khichdi with a teaspoon of ghee** – Easy to digest and nutrient-dense, suitable for afternoon meals.
5. **Lentil soup with multigrain bread and carrot sticks** – Provides iron, fiber, and vitamins for maternal health.

Lunch

5 Dinner Options

1. **Grilled fish or tofu with steamed broccoli and brown rice** – Protein, omega-3, and micronutrients for brain and tissue development.
2. **Chapati with moong dal and pumpkin sabzi** – Light, fiber-rich, and gentle on digestion for a restful evening.
3. **Vegetable soup with whole wheat toast** – Hydrating and nutrient-dense for easy digestion.
4. **Millet rotis with mixed vegetable curry and low-fat yogurt** – Balanced carbs, protein, and calcium for bones and teeth.
5. **Stuffed bell peppers with quinoa, corn, and beans** – Rich in vitamins, folate, protein, and antioxidants for fetal growth.

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PREGNANCY DIET CHART MONTH BY MONTH

6th
Month

5 Breakfast Options

1. **Oats porridge with milk, walnuts, and chopped apple** – Provides fiber, protein, omega-3s, and antioxidants.
2. **Whole wheat toast with avocado and boiled egg** – Rich in healthy fats, protein, and folate to support fetal growth.
3. **Dalia (broken wheat porridge) with milk and chopped dates** – Keeps blood sugar stable and supplies iron and calcium.
4. **Smoothie with spinach, banana, yogurt, and flaxseeds** – Packed with folate, probiotics, calcium, and antioxidants.
5. **Besan (chickpea flour) pancake with grated zucchini** – Protein-rich, easy to digest, and supports iron intake

Breakfast

5 Lunch Options

1. **Brown rice with chana dal, mixed vegetable curry, and cucumber raita** – High in protein, fiber, and hydration for sustained energy.
2. **Chapati with paneer bhurji and sautéed broccoli** – Supplies calcium, protein, and vitamins for bone and tissue development.
3. **Quinoa salad with kidney beans, cucumber, and olive oil** – Folate, protein, and healthy fats for fetal brain and muscle growth.
4. **Vegetable khichdi with a teaspoon of ghee** – Easy to digest and nutrient-dense for afternoon meals.
5. **Lentil soup with multigrain bread and carrot sticks** – Provides iron, fiber, and vitamins for maternal health

Lunch

5 Dinner Options

1. **Grilled fish or tofu with steamed broccoli and brown rice** – Protein, omega-3, and micronutrients for brain and tissue development.
2. **Chapati with moong dal and bottle gourd sabzi** – Light, fiber-rich, and gentle on digestion for a restful evening.
3. **Vegetable soup with whole wheat toast** – Hydrating and nutrient-dense for easy digestion.
4. **Millet rotis with mixed vegetable curry and low-fat yogurt** – Balanced carbs, protein, and calcium for bones and teeth.
5. **Stuffed bell peppers with quinoa, peas, and corn** – Rich in vitamins, folate, protein, and antioxidants to support fetal growth

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PREGNANCY DIET CHART MONTH BY MONTH

7th
Month

5 Breakfast Options

1. **Oats porridge with milk, chia seeds, and berries** – Provides fiber, protein, omega-3s, and antioxidants.
2. **Whole wheat toast with almond butter and banana slices** – Rich in healthy fats, protein, and potassium.
3. **Dalia (broken wheat porridge) with milk and figs** – Keeps blood sugar stable and supports iron intake.
4. **Smoothie with spinach, pineapple, yogurt, and flaxseeds** – Folate, probiotics, calcium, and vitamins.
5. **Moong dal cheela with grated carrot and coriander** – Protein-rich, easy to digest, and high in fiber

Breakfast

5 Lunch Options

1. **Brown rice with masoor dal, mixed vegetable curry, and cucumber raita** – High in protein, fiber, and hydration.
2. **Chapati with paneer bhurji and sautéed broccoli** – Supplies calcium, protein, and vitamins for bones and tissue development.
3. **Quinoa salad with kidney beans, cucumber, and olive oil** – Folate, protein, and healthy fats for fetal growth.
4. **Vegetable khichdi with a teaspoon of ghee** – Easy to digest and nutrient-dense.
5. **Lentil soup with multigrain bread and carrot sticks** – Provides iron, fiber, and vitamins

Lunch

5 Dinner Options

1. **Grilled fish or tofu with steamed vegetables and brown rice** – Protein, omega-3s, and micronutrients for brain and tissue development.
2. **Chapati with moong dal and bottle gourd sabzi** – Light, fiber-rich, and gentle on digestion.
3. **Vegetable soup with whole wheat toast** – Hydrating and nutrient-dense.
4. **Millet rotis with mixed vegetable curry and low-fat yogurt** – Balanced carbs, protein, and calcium.
5. **Stuffed bell peppers with quinoa, peas, and corn** – Rich in vitamins, folate, protein, and antioxidants

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PREGNANCY DIET CHART MONTH BY MONTH

8th
Month

5 Breakfast Options

1. **Oats porridge with milk, chopped nuts, and apple** – Provides fiber, protein, and antioxidants.
2. **Whole wheat toast with avocado and boiled egg** – Healthy fats, protein, and folate.
3. **Dalia (broken wheat porridge) with milk and chopped dates** – Iron, calcium, and fiber-rich.
4. **Smoothie with spinach, banana, yogurt, and chia seeds** – Folate, probiotics, calcium, and vitamins.
5. **Besan chilla with grated vegetables** – Protein-rich, easy to digest, and high in vitamins

Breakfast

5 Lunch Options

1. **Brown rice with chana dal, mixed vegetable curry, and cucumber raita** – Protein, fiber, and hydration.
2. **Chapati with paneer bhurji and sautéed spinach** – Calcium, protein, and vitamins.
3. **Quinoa salad with kidney beans, tomatoes, and olive oil** – Protein, folate, and healthy fats.
4. **Vegetable khichdi with ghee** – Light, easy to digest, and nutrient-dense.
5. **Lentil soup with multigrain bread and carrot sticks** – Provides iron, fiber, and vitamins

Lunch

5 Dinner Options

1. **Grilled fish or tofu with steamed broccoli and brown rice** – Protein, omega-3s, and micronutrients.
2. **Chapati with moong dal and pumpkin sabzi** – Light, fiber-rich, and gentle on digestion.
3. **Vegetable soup with whole wheat toast** – Hydrating and nutrient-dense.
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PREGNANCY DIET CHART MONTH BY MONTH

9th
Month

5 Breakfast Options

1. **Oats porridge with milk, chopped almonds, and berries** – Protein, fiber, and antioxidants.
2. **Whole wheat toast with avocado and boiled egg** – Healthy fats, protein, and folate.
3. **Dalia (broken wheat porridge) with milk and chopped figs** – Iron, fiber, and calcium-rich.
4. **Smoothie with spinach, mango, yogurt, and flaxseeds** – Folate, calcium, probiotics, and omega-3s.
5. **Moong dal chilla with grated carrot and coriander** – Protein-rich, easy to digest, and high in vitamins

Breakfast

5 Lunch Options

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