



# Makes You Eat, Mumbai

by Dietitian Foram Modi

(Dietitian Approved)

## 1 to 3 Month Pregnancy Diet Chart (Indian)

### 3 Month's Pregnancy Diet Plan

**Disclaimer:** Individual pregnancy nutritional needs may vary. Please consult your gynecologist or call **Dietitian Foram Modi** (Free Consultation) 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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## 1st Month Pregnancy

### Nutrients Required

Protein, Iron, Calcium, Folate, Vitamin B12, Vitamin D, Fiber, Omega-3 fatty acids, Complex Carbohydrates, Antioxidants

### Benefits

- Folate – Crucial in preventing neural tube defects and aiding early brain development.
- Vitamin B12 & Vitamin D – Support red blood cell formation, immunity, and bone health.
- Fiber – Helps in digestion, prevents constipation, and regulates blood sugar.
- Omega-3 Fatty Acids – Supports early brain and eye development of the fetus.
- Complex Carbohydrates – Provide steady energy throughout the day.
- Antioxidants – Protect maternal and fetal cells from oxidative stress.



*Hydration and fiber-rich foods are important to prevent constipation and maintain digestion !*

**Dt. Foram Modi**


(Online Pregnancy Specialist Dietitian)

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## 1ST MONTH - 10 BREAKFAST OPTIONS

1. **Moong Dal Chilla with Mint Chutney** – High in protein and light on the stomach, it supports early fetal tissue development and keeps you full longer.
2. **Vegetable Poha with Peanuts** – Rich in iron, carbohydrates, and healthy fats, this helps maintain steady energy and prevents morning fatigue.
3. **Oats Porridge with Milk and Fruits** – Provides fiber, calcium, and vitamins, which improve digestion and support bone and brain health.
4. **Ragi Dosa with Coconut Chutney** – A calcium-rich breakfast that strengthens bones and teeth and supports early pregnancy nutrient requirements.
5. **Whole Wheat Toast with Peanut Butter and Banana** – A balanced meal combining healthy carbs, protein, and potassium, ideal for nausea control and energy.
6. **Besan Cheela with Grated Carrot and Coriander** – Packed with folate, protein, and fiber, which help in red blood cell formation and fetal growth.
7. **Vegetable Idli with Sambhar** – Soft and easy to digest, idlis with sambhar provide a balance of protein, vitamins, and minerals.
8. **Upma with Mixed Vegetables and Ghee** – A wholesome dish with good carbs and fats that helps maintain stamina throughout the morning.
9. **Milk Smoothie with Almonds and Dates** – Rich in calcium, iron, and antioxidants, it boosts hemoglobin and supports overall pregnancy wellness.
10. **Paratha Stuffed with Spinach or Methi with Curd** – Provides iron, fiber, and probiotics, helping digestion and supporting healthy blood production.

PS : If any doubt about above list of options, call Dietitian Foram Modi (Free Consultation)!

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## 1ST MONTH - 10 LUNCH OPTIONS

1. **Steamed Rice with Dal Tadka and Ghee** – A balanced meal of carbs, protein, and healthy fats that boosts energy and supports fetal growth.
2. **Chapati with Palak Paneer and Salad** – Provides iron, calcium, and protein to promote blood formation and bone strength.
3. **Vegetable Khichdi with Curd** – Light, easily digestible, and rich in folate and probiotics to support gut health and reduce nausea.
4. **Brown Rice with Rajma Curry** – A high-protein combination that helps in tissue development and keeps you feeling full longer.
5. **Vegetable Pulao with Raita** – Offers essential vitamins and minerals with cooling raita aiding digestion and hydration.
6. **Multigrain Roti with Lauki Chana Dal Sabzi** – Fiber-rich and low in calories, this supports smooth digestion and sustained energy levels.
7. **Plain Paratha with Curd and Beetroot Salad** – Provides probiotics and antioxidants that improve digestion and hemoglobin levels.
8. **Jeera Rice with Mixed Vegetable Curry** – A mild, aromatic meal that is easy on the stomach while providing essential nutrients.
9. **Moong Dal Khichdi with Spinach and Ghee** – Iron and protein-rich dish that aids in fetal cell growth and combats weakness.
10. **Vegetable Dalia with Yogurt** – A fiber-rich, filling meal that keeps blood sugar steady and provides calcium for bone development.


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## 1ST MONTH - 10 DINNER OPTIONS

1. **Soft Phulka with Moong Dal and Steamed Veggies** – Light and protein-rich dinner that supports muscle and fetal tissue development.
2. **Vegetable Soup with Brown Bread Toast** – Easy to digest and packed with vitamins, perfect to relieve nausea and bloating.
3. **Oats Khichdi with Curd** – High in fiber and probiotics, helps improve digestion and promotes restful sleep.
4. **Plain Rice with Lauki Curry** – Hydrating and mild meal that prevents acidity and supports digestion.
5. **Dalia Upkari (Broken Wheat Curry) with Buttermilk** – Fiber and calcium-rich meal that aids metabolism and hydration.
6. **Besan Chilla with Mint Chutney** – Provides plant protein and keeps you light yet full during the night.
7. **Masoor Dal with Rice and Steamed Beans** – A protein and iron-packed meal to support blood cell formation and immunity.
8. **Vegetable Stew with Chapati** – Comforting and nutritious combination with essential minerals for overall well-being.
9. **Suji Idli with Sambar and Coconut Chutney** – Low-fat, fermented, and easy to digest, supports gut health and morning freshness.
10. **Paneer Bhurji with Multigrain Roti** – Calcium and protein-rich option for bone strength and nighttime nourishment

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## 2nd Month Pregnancy

### Nutrients Required

Protein, Iron, Calcium, Folate, Fiber, Vitamin D, Vitamin B6, Omega-3 fatty acids, Antioxidants, Complex carbohydrates

### Benefits

- **Protein** – Essential for fetal tissue and organ development, and supports maternal muscle and blood supply.
- **Iron** – Helps in formation of hemoglobin, preventing anemia and ensuring proper oxygen supply to mother and baby.
- **Calcium** – Supports strong bones and teeth for both mother and developing baby.
- **Folate** – Crucial for neural tube development and preventing birth defects in early pregnancy.
- **Fiber** – Aids digestion, prevents constipation, and helps maintain steady blood sugar levels.



*Focus on small, frequent meals rich in protein and iron to keep your energy steady and support your baby's early growth !*

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## 2ND MONTH - 10 BREAKFAST OPTIONS

1. **Vegetable Moong Dal Cheela with Curd** – High in protein and easy to digest, supports fetal tissue development and maternal strength.
2. **Sprouted Moth Bean Salad with Lemon** – Boosts iron and folate levels essential for red blood cell formation and neural development.
3. **Ragi Porridge with Milk and Jaggery** – Rich in calcium and iron, strengthens bones and helps maintain hemoglobin levels.
4. **Multigrain Toast with Peanut Butter and Banana** – Balanced mix of good fats, protein, and potassium to keep morning energy steady.
5. **Vegetable Oats Pancake with Coriander Chutney** – High in fiber and complex carbs to improve digestion and prevent constipation.
6. **Boiled Egg with Whole Wheat Toast and Tomato Slices** – Provides high-quality protein and vitamin D for muscle and immune support.
7. **Besan Dhokla with Mint Chutney** – A light fermented breakfast that supports gut health and provides plant-based protein.
8. **Methi Paratha with Curd** – Rich in iron, fiber, and calcium; supports blood health and relieves morning fatigue.
9. **Fruit and Nut Smoothie** (Banana, Almond, Dates, Milk) – Natural source of energy and antioxidants to reduce oxidative stress.
10. **Vegetable Suji Pancake with Mint Curd Dip** – Light, tasty, and nutrient-dense option that helps improve satiety and energy levels.

PS : If any doubt about above list of options, call Dietitian Foram Modi (Free Consultation)!

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## 2ND MONTH - 10 LUNCH OPTIONS

1. **Steamed Rice with Moong Dal and Spinach** – Protein and iron-rich meal that supports fetal growth and maternal blood health.
2. **Chapati with Lauki Chana Dal Curry** – High in fiber and protein, aids digestion and provides steady energy.
3. **Vegetable Khichdi with Ghee and Curd** – Light, easily digestible, and rich in folate and probiotics for gut health.
4. **Brown Rice with Rajma Curry and Salad** – Excellent source of plant-based protein and fiber, helps prevent constipation.
5. **Multigrain Roti with Palak Paneer** – Provides calcium, iron, and protein to strengthen bones and blood cells.
6. **Vegetable Pulao with Curd and Roasted Papad** – Balanced carbs, vitamins, and probiotics support overall pregnancy wellness.
7. **Jeera Rice with Mixed Vegetable Curry** – Mild and nutritious, offers essential minerals and easy digestibility.
8. **Chapati with Lauki Tomato Sabzi and Curd** – Hydrating and light, rich in vitamins, minerals, and calcium.
9. **Moong Dal Khichdi with Carrot and Beans** – Iron and protein-rich dish that aids fetal tissue development and maternal strength.
10. **Vegetable Dalia with Yogurt and Grated Beetroot** – Fiber-rich, promotes digestion, and provides antioxidants for maternal health.


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## 2ND MONTH - 10 DINNER OPTIONS

1. **Soft Phulka with Moong Dal and Steamed Vegetables** – Light and protein-rich, supports fetal tissue growth and easy digestion at night.
2. **Vegetable Soup with Multigrain Bread Toast** – Nourishing and light, provides vitamins, minerals, and hydration.
3. **Oats Khichdi with Curd and Spinach** – High in fiber, protein, and probiotics, aids digestion and improves sleep quality.
4. **Plain Rice with Lauki Curry and Curd** – Mild, hydrating meal that helps prevent acidity and supports gut health.
5. **Dalia Upkari (Broken Wheat Curry) with Buttermilk** – Fiber and calcium-rich, promotes digestion and provides evening nourishment.
6. **Besan Chilla with Mint Chutney** – Plant-based protein and light, keeps you full without heaviness.
7. **Masoor Dal with Rice and Steamed Beans** – Protein and iron-rich dinner that supports blood formation and immunity.
8. **Vegetable Stew with Chapati** – Comforting, nutritious, and provides essential vitamins and minerals for overall well-being.
9. **Suji Idli with Sambar and Coconut Chutney** – Low-fat, easy to digest, and supports gut health for restful sleep.
10. **Paneer Bhurji with Multigrain Roti** – Rich in calcium and protein, strengthens bones and provides nighttime nourishment.


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## 3rd Month Pregnancy

### Nutrients Required

Protein, Iron, Calcium, Folate, Vitamin B12, Vitamin D, Fiber, Omega-3 fatty acids, Antioxidants, Complex Carbohydrates

### Benefits

- **Protein** – Supports rapid fetal tissue and organ development while maintaining maternal muscle and blood health.
- **Iron** – Crucial for hemoglobin formation, preventing anemia and ensuring sufficient oxygen delivery to mother and baby.
- **Calcium** – Strengthens maternal bones and teeth and supports fetal skeletal development.
- **Folate** – Essential for neural tube formation and early brain development.
- **Vitamin B12 & Vitamin D** – Support red blood cell formation, immune health, and bone development.



*Focus on nutrient-dense meals with proteins, iron, and folate to ensure your baby's organs develop optimally in this critical month.*

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## 3RD MONTH - 10 BREAKFAST OPTIONS

1. **Vegetable Moong Dal Chilla with Mint Chutney** – High in protein and easy to digest, supports fetal tissue and early brain development.
2. **Oats Porridge with Milk, Banana, and Almonds** – Rich in fiber, calcium, and antioxidants to improve digestion and bone health.
3. **Ragi Dosa with Coconut Chutney** – Calcium-rich and light, supports maternal and fetal bone strength.
4. **Besan Cheela with Carrot and Coriander** – Packed with folate, protein, and fiber to aid blood formation and growth.
5. **Vegetable Idli with Sambhar** – Soft and nutrient-rich, provides protein, vitamins, and minerals for early pregnancy needs.
6. **Whole Wheat Toast with Peanut Butter and Chia Seeds** – Balanced carbs, protein, and healthy fats for steady morning energy.
7. **Methi Paratha with Curd** – Iron, calcium, and fiber-rich meal to support hemoglobin and digestion.
8. **Vegetable Upma with Ghee** – Carbs and healthy fats provide energy and satiety for the morning.
9. **Fruit & Nut Smoothie (Banana, Dates, Almonds, Milk)** – Natural antioxidants, fiber, and energy for early pregnancy.
10. **Vegetable Suji Pancake with Yogurt Dip** – Light, easy to digest, and nutrient-dense to support morning wellness.

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## 3RD MONTH - 10 LUNCH OPTIONS

1. **Steamed Rice with Moong Dal and Spinach** – Protein and iron-rich meal to support fetal growth and maternal energy.
2. **Chapati with Lauki Chana Dal Curry** – Fiber and protein-rich, aids digestion and provides sustained energy.
3. **Vegetable Khichdi with Ghee and Curd** – Easy to digest, rich in folate and probiotics for gut health.
4. **Brown Rice with Rajma Curry and Salad** – Plant-based protein and fiber-rich, supports blood formation and digestion.
5. **Multigrain Roti with Palak Paneer** – Calcium, iron, and protein support maternal and fetal bone health.
6. **Vegetable Pulao with Curd and Roasted Papad** – Balanced meal of carbs, vitamins, and probiotics for overall wellness.
7. **Jeera Rice with Mixed Vegetable Curry** – Mild and nutritious, offers essential minerals and easy digestibility.
8. **Chapati with Lauki Tomato Sabzi and Curd** – Hydrating, light, and rich in vitamins and calcium.
9. **Moong Dal Khichdi with Carrot and Beans** – Protein and iron-rich for fetal tissue development and maternal strength.
10. **Vegetable Dalia with Yogurt and Beetroot** – Fiber-rich, promotes digestion and provides antioxidants for maternal health.

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## 3RD MONTH - 10 DINNER OPTIONS

1. **Soft Phulka with Moong Dal and Steamed Vegetables** – Light and protein-rich for easy nighttime digestion and tissue growth.
2. **Vegetable Soup with Multigrain Bread Toast** – Nourishing, vitamin-rich, and easy to digest for a restful night.
3. **Oats Khichdi with Curd and Spinach** – High in fiber, protein, and probiotics to improve gut health and sleep quality.
4. **Plain Rice with Lauki Curry and Curd** – Mild and hydrating, prevents acidity and aids digestion.
5. **Dalia Upkari (Broken Wheat Curry) with Buttermilk** – Fiber and calcium-rich meal to promote digestion and nourishment.
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