

7-Day Oil-Free Pregnancy Diet Plan (with Green Leafy Vegetables)

Day	Morning (7–8 AM)	Breakfast (8–9 AM)	Mid-Morning Snack (11 AM)	Lunch (1 PM)	Evening Snack (4–5 PM)	Dinner (7–8 PM)	Bedtime (9–10 PM)
1	Milk + soaked almonds/walnut	Oats upma with spinach + guava	Sprouts salad with lemon	2 chapati + palak dal + beetroot-carrot salad + brown rice	Roasted makhana + buttermilk	Moong dal soup + lauki-methi sabzi + 2 chapati	Turmeric milk + 2 dates
2	Warm water + 2 soaked figs	Poha with curry leaves + orange	Boiled sweet potato + spinach leaves	Bajra roti + sarson ka saag + curd	Steamed corn with lemon	Khichdi (moong + palak) + cucumber salad	Milk + jaggery
3	Milk + soaked almonds	Vegetable idli + papaya	Roasted chana + spinach juice	2 chapati + chana dal + bathua sabzi + salad	Fruit bowl (apple, pear, kiwi)	Vegetable daliya with spinach + beans	Haldi milk
4	2 dates + milk	Veg paratha (no oil) + curd + banana	Boiled sprouts + methi leaves	2 chapati + masoor dal + lauki-palak sabzi + brown rice	Buttermilk + roasted makhana	Moong dal khichdi + spinach-tomato soup	Milk + soaked raisins
5	Almonds + walnut + milk	Ragi dosa + apple	Boiled sweet potato + coriander	2 jowar roti + chole + palak bhaji + carrot-beet salad	Roasted corn + buttermilk	Vegetable oats upma + spinach dal soup	Turmeric milk + 1 date

6	Milk + 2 soaked figs	Veg daliya with spinach, beans, peas + guava	Roasted chana + chutney (no oil)	2 chapati + rajma + palak-met hi sabzi + cucumber salad	Fruit chaat (orange, apple, banana)	Vegetable khichdi (moong dal + palak + lauki) + soup	Milk + jaggery
7	Almonds + walnut + milk	Veg idli/uttapam with curry leaves + papaya	Steamed sprouts + lemon + coriander	2 chapati + toor dal + spinach-tomato sabzi + brown rice	Buttermilk + roasted makhana	Ragi roti + palak paneer (no oil) + salad	Haldi milk + 2 dates

✓ Highlights:

- **Green leafy variety daily:** Spinach, methi, bathua, sarson, curry leaves, moringa, palak paneer (low-fat).
- **Heavy meals** with whole grains, dal, legumes, curd, paneer, and khichdi.
- **No oil** – all boiled, steamed, roasted, or dry roasted.
- **Balanced nutrition** – protein (dal, paneer, milk), iron (greens, beetroot, dates), calcium (milk, ragi), fiber (vegetables, fruits).

🚫 Foods to Avoid During Pregnancy

✗ Oily, Fried & Junk Foods

- Deep-fried pakoras, samosas, chips, burgers, pizzas
- Excess ghee, butter, vanaspati

✗ Excess Spices & Processed Foods

- Spicy pickles, chutneys with too much salt
- Instant noodles, packaged soups, chips, namkeen
- Processed meats (sausages, salami, bacon)

✗ Beverages

- Tea & coffee (limit to 1 cup/day if doctor allows)
- Energy drinks, cola, aerated drinks
- Alcohol (strictly avoid)

✗ Unsafe Fruits & Veggies

- **Papaya (raw/semi-ripe)** – may trigger contractions
- **Pineapple (large amounts)** – can stimulate uterus
- Raw sprouts (may have bacteria, eat only boiled)
- Unwashed leafy vegetables (must wash well to avoid infection)

✗ Animal Foods (if eating non-veg)

- Undercooked or raw meat/fish
- Raw eggs or soft-boiled eggs (risk of salmonella)
- High-mercury fish (shark, swordfish, king mackerel)

✗ Others

- Excess salt → water retention, swelling
- Too much sugar/sweets → risk of gestational diabetes

- Leftover food kept long (risk of infection)

✓ In short:

- Eat **fresh, home-cooked, steamed/boiled/roasted** foods.
- **Green leafy veggies daily** (well-washed & cooked).
- Avoid raw, oily, spicy, overly processed, or high-mercury foods.

Pregnancy Diet Plan by Trimester (Oil-Free, Green Leafy Focus)

Trimester	Key Nutrients Needed	Morning	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner	Bedtime
1st Trimester (0–12 weeks)	Folic acid, Vitamin B, Protein, Light digestible foods	Warm milk + soaked almonds	Oats upma with spinach / Poha with curry leaves	Fruit (apple/pear) OR boiled sprouts	2 chapati + dal + palak sabzi + cucumber salad	Roasted makhana + buttermilk	Vegetable khichdi (moong + spinach) OR lauki dal + 2 chapati	Haldi milk + 2 dates
2nd Trimester (13–26 weeks)	Iron, Calcium, Protein, More calories	Milk + 2 dates + walnuts	Ragi dosa / vegetable paratha (no oil) + curd + fruit	Sweet potato / fruit salad with spinach leaves	2 chapati + rajma/chole + palak-methi sabzi + carrot-beet salad + brown rice	Steamed corn / roasted chana + buttermilk	Dalia with spinach + dal soup / palak paneer + 2 chapati	Warm milk + soaked raisins

**3rd Trimester
(27–40 weeks)**

More Protein, Omega-3, Calcium, Fiber for digestion	Warm water + soaked almonds + figs	Vegetables: idli / uttapam with curry leaves + papaya	Sprouts chaat with lemon + coriander	2 jowar/bajra roti + toor dal + bathua/palak sabzi + salad + curd	Fruit chaat (banana, apple, orange) + roasted makhana	Moong dal khichdi (with spinach + lauki) OR ragi roti + palak paneer (oil-free)	Turmeric milk + 2 dates
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 Notes Trimester-Wise:

- **1st Trimester:**
 - Small, frequent meals (morning sickness is common).
 - Focus on **folate-rich greens** (spinach, methi, bathua).
- **2nd Trimester:**
 - Baby's growth accelerates → need more **protein, calcium, iron**.
 - Include **ragi, bajra, jowar, paneer, curd, dals** daily.
- **3rd Trimester:**
 - Baby's brain & bones developing → **Omega-3 (flaxseeds, walnuts) + calcium**.
 - Add more fiber to reduce constipation.