



PREGNANCY DIET CHART

	1 st Trimester	2 nd Trimester	3 rd Trimester
Early Morning	Dry fruits soaked in water overnight, ginger tea	Dry fruits soaked in water overnight.	Dry fruits soaked in water overnight.
Breakfast	Banana, Wheat bread, Omelette	Apple, tofu, wheat bread	Banana, Whole grain bread,
Mid Morning	Orange juice or soup with asparagus	Milk shakes or soup	Watermelon juice, fruit bowl, soups
Lunch	Brown rice, chicken or sardine and bowl of veggies	Brown rice or roti, salmon or sardine, paneer	Brown rice, dal or any pulse, chicken
Evening	Bran flakes or banana shake	Orange or strawberry juice, veg salad, milk	sweets, or fruit salad, milk
Dinner	Roti and chicken ,bowl of vegetables	Roti ,mushroom ,oats	Veg salad ,roti, dal



Healthy Pregnancy Vegetarian Approach

RM Cervero



Healthy Pregnancy Vegetarian Approach:

Whispering the Strategies of Language: An Psychological Journey through **Healthy Pregnancy Vegetarian Approach**

In a digitally-driven earth wherever screens reign supreme and immediate conversation drowns out the subtleties of language, the profound strategies and emotional subtleties hidden within phrases usually get unheard. However, located within the pages of **Healthy Pregnancy Vegetarian Approach** a fascinating fictional prize pulsating with organic thoughts, lies an extraordinary journey waiting to be undertaken. Composed by an experienced wordsmith, that marvelous opus attracts readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the fabric of every word. Within the mental depths of this emotional review, we can embark upon a heartfelt exploration of the book is key styles, dissect their charming writing fashion, and succumb to the strong resonance it evokes serious within the recesses of readers hearts.

https://www.sharkcoupons.com/files/publication/HomePages/El_Regalo.pdf

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