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### 10 Healthy Pregnancy Food Recipes for the Third Trimester

## Spinach and Lentil Soup

This comforting soup is loaded with **iron, protein, and fiber**, making it one of the best pregnancy meals for the third trimester.

### Ingredients:

- 1 cup red lentils
- 2 cups spinach
- 1 onion, chopped
- 2 garlic cloves
- 1 carrot, diced
- 4 cups vegetable broth
- 1 tsp cumin
- 1 tbsp olive oil
- Salt to taste

### Instructions:

1. Heat olive oil and sauté onion and garlic.
2. Add carrots, lentils, cumin, and broth.
3. Simmer for 20–25 minutes.
4. Stir in spinach until wilted.
5. Serve warm.

**Pregnancy benefit:** Supports iron intake and digestion.

# Banana Oat Pregnancy Smoothie

This **healthy pregnancy smoothie** is ideal for low-energy mornings.

## Ingredients:

- 1 banana
- ½ cup oats
- 1 cup milk
- 2 dates
- 1 tbsp chia seeds
- 1 tbsp peanut butter

Blend until smooth.

**Benefits:** Calcium, protein, healthy fats, and fiber.

# Avocado Egg Toast for Pregnancy

A quick **high-protein pregnancy breakfast**.

## Ingredients:

- Whole grain bread
- 1 boiled egg
- ½ avocado
- Pepper

Mash avocado on toast and add egg slices.

**Benefits:** Healthy fats and protein for baby's growth.

# Chicken and Vegetable Rice Bowl

This balanced meal provides **protein and essential nutrients**.

## Ingredients:

- Brown rice
- Grilled chicken
- Broccoli
- Bell peppers
- Carrots

Combine and season lightly.

**Benefits:** Supports energy levels during late pregnancy.

## Greek Yogurt Fruit Bowl

One of the easiest **healthy snacks for pregnant women**.

### Ingredients:

- Greek yogurt
- Berries
- Banana
- Walnuts

Top and enjoy.

**Benefits:** Rich in calcium and healthy fats.

## Sweet Potato and Chickpea Curry

A filling **vegetarian pregnancy recipe** packed with fiber.

### Ingredients:

- Sweet potato
- Chickpeas
- Onion
- Tomatoes
- Coconut milk

Cook until soft.

**Benefits:** Supports digestion and iron intake.

## Cooked Salmon With Quinoa and Vegetables

Cooked salmon provides **omega-3 fatty acids**, which support baby's brain development.

Serve with:

- Quinoa
- Steamed vegetables

**Benefits:** Brain and eye development support.

## Homemade Pregnancy Energy Balls

Perfect as a healthy snack.

### Ingredients:

- Oats
- Dates
- Peanut butter
- Chia seeds
- Nuts

Roll into small balls and refrigerate.

## Vegetable Omelette

A nutritious **pregnancy breakfast idea**.

Add:

- Eggs
- Spinach
- Tomatoes
- Mushrooms
- Cheese

**Benefits:** High in protein and choline.

## Warm Turmeric Milk Before Bed

A comforting nighttime drink.

Mix:

- Warm milk
- Pinch turmeric
- Cinnamon