

Nourish Nine: A Structured Plan for Expecting Mothers

(3 Months Trimester-wise Diet and Workout Plan)



Introduction

Welcome to *Nourish Nine* — a trimester-wise, doctor-designed diet and wellness program that nurtures your body and your baby throughout the beautiful journey of pregnancy. This plan focuses on meeting evolving nutritional needs, promoting healthy fetal growth, managing common pregnancy concerns, and respecting Ayurvedic and modern dietary wisdom.

Before starting the plan, please fill out the required form one week before your start date so that we can gather all your necessary details.

Form Link:

[Click here to fill out the form](#)



Plan Duration: 3 Months (Trimester-Wise)

- **Trimester 1:** Nourish & Stabilize – Manage nausea, increase folate, build nutrient reserves
 - **Trimester 2:** Grow & Strengthen – Increase protein, calcium, iron, and manage blood sugar
 - **Trimester 3:** Prepare & Fortify – Focus on omega-3s, soft fiber, and iron to prep for delivery
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Pre-Requisites & Preparations for Pregnancy Wise

(Doctor-Curated Nutrition Plan for Trimester-Wise Support & Fetal Growth) Before beginning the Pregnancy Wise Plan, it is important to prepare both mentally and physically for a healthy, fulfilling journey. Here's how to get started:

◆ Pre-Requisites:

1. **Medical Clearance** – Share pregnancy status (gestational age), complications (if any), and all current supplements or medications with us.
2. **Relevant Lab Reports** – Share recent bloodwork (CBC, vitamin D3, TSH, iron profile, fasting glucose if applicable) for personalized diet and supplement guidance.
3. **Known Conditions** – Inform us of any diagnoses such as thyroid disorders, anemia, gestational diabetes, PCOS, or previous pregnancy losses.
4. **Commitment to Wellness** – This plan requires trust in natural, seasonal nourishment, lifestyle tuning, and tracking to achieve optimum outcomes.
5. **Initial Assessment Form** – Fill out a questionnaire including energy levels, digestion, food preferences, lifestyle, and activity status.

◆ Preparations:

1. **Kitchen Reset** – Replace processed foods, packaged snacks, excessive refined oils, and overly spicy food with whole, fresh, and easy-to-digest options.
2. **Grocery Planning** – Stock up on pregnancy-safe foods: soaked nuts, ragi, dals, seasonal vegetables, coconut, paneer, ghee, jeera, ajwain, rock salt, herbal teas.
3. **Hydration Support** – Begin increasing daily water intake (8–10 glasses). Use copper/earthen pots if possible. Herbal water (ajwain-fennel) recommended.
4. **Mindset & Rest** – Prioritize a relaxed routine with adequate sleep (7–8 hours), screen-free evenings, and emotional journaling.
5. **Gentle Movement Prep** – Prepare for light activity like prenatal yoga, stretching, or mindful walking as part of your weekly rhythm.
6. **Family Support** – Communicate with your partner/family about diet shifts, rest periods, and emotional support needs. This journey is collective!

By following these pre-requisites and preparations, you set yourself up for a strong, nourished pregnancy and deeper connection with your growing baby.

What to Expect

① Trimester-Wise Diet Planning

- ✓ Customized caloric needs and food textures based on digestion & appetite
- ✓ Nutrient-focused meals (folate, iron, DHA, calcium, fiber, protein, choline)
- ✓ Weekly plans with 5-6 meals/day format
- ✓ Easily digestible options during nausea and reflux
- ✓ Seasonal and satvik ingredients

② Supplement Support & Timing

- ✓ Folic acid, iron, calcium, DHA, vitamin D3 – with guidance on when to take each
- ✓ Timing supplements to enhance absorption & reduce nausea

③ Gentle Movement or Workout Guidance

- ✓ Prenatal yoga (video support)
- ✓ Walking, mobility drills, pelvic floor strengthening
- ✓ Based on fitness level, workout plans will be formulated

④ Mind-Body Care

- ✓ Weekly journaling prompts
- ✓ Affirmations for bonding & positivity
- ✓ Simple Ayurvedic rituals: oil massage, ghee in diet, soothing teas

⑤ Lifestyle Tracking (Trimester Wise)

- ✓ Food log
- ✓ Energy/mood tracking
- ✓ Sleep patterns
- ✓ Weight & bump measurements

Sample Structure for Each Trimester

First Trimester (Weeks 1–12):

- Focus: Folate, hydration, small frequent meals
- Avoid: Heavy fried foods, raw sprouts, excessive caffeine
- Include: Jeera-ajwain water, banana, ragi porridge, soaked nuts, soft khichdi

Second Trimester (Weeks 13–28):

- Focus: Iron, calcium, protein, omega-3
- Include: Palak dal, sesame laddoo, moong sprouts, methi thepla with curd, paneer stuffed paratha

Third Trimester (Weeks 29–40):

- Focus: Energy, gentle laxation, labor prep
- Include: Ghee, black chana, methi water, ajwain tea, soft cooked grains, prunes, flaxseed chutney

Communication & Consultation

- WhatsApp for daily/weekly tracking
- Monthly video consult with Dr. Akanksha
- Weekly check-ins for updates and modifications

Results You Can Expect:

- Reduced nausea, acidity, and bloating
- Steady, healthy weight gain
- Stronger fetal development support
- Better mood, sleep, and digestion
- Increased preparedness for labor and postpartum recovery

Program Details:

The *Pregnancy Wise Nutrition and Wellness Plan* is designed by Dr. Akanksha and is personalized based on individual health status, trimester, and current pregnancy needs. The

focus is on balancing nutrient intake, emotional wellness, digestive ease, and safe movement to support both the mother and baby. This plan respects your evolving needs and does not involve calorie counting, deprivation, or fads.

- **Duration:** 3 months Trimester-wise plans; you will receive diet and workout plans weekly
- **Consultation Calls:**
 - One video consultation with Dr. Akanksha before starting the plan to understand your pregnancy history, health challenges, and personal goals
 - One follow-up video consultation at the end of each trimester
 - Additional consults as needed for any emerging concerns
- **Communication via WhatsApp:**
 - WhatsApp is used for daily or weekly progress sharing, updates, food feedback, and any real-time adjustments
 - You'll receive ongoing support, gentle nudges, and tips based on your check-ins
- **Progress Tracking:** Regular updates are expected via WhatsApp and should include:
 - Daily or weekly meal pictures
 - Sleep quality and energy levels
 - Digestive comfort (bloating, constipation, reflux, etc.)
 - Mood or emotional changes
 - Step count or movement updates (if applicable)
 - Weight and bump measurements (every 2–4 weeks)
 - Supplement intake tracking

By consistently tracking these key markers, we tailor your plan to reduce discomfort, support your baby's growth, and ensure a calm, healthy pregnancy experience.

About Me

I am Dr. Akanksha Sharma, a mother, a public health specialist, a researcher and a physician, and I have been working for over a decade to improve women's and children's health. I am a specialist in community medicine, holding an MBBS and MD degree, and various diplomas and certificate courses in diabetes management, vaccinations, nutrition and maternal and child health.

I have completed my education and residency at Maulana Azad Medical College, New Delhi, and I am currently based in Singapore with my husband and two daughters (aged 8 and 2 years). I started my website atozofpregnancy.com, during my second pregnancy and have encompassed all age groups since then. Nutrition has always been my passion, and today, I dedicate most of my time to empowering people to reclaim their health through mindful, nourishing, and sustainable eating habits.

Bank Details for Payment

To begin your health journey, please make the payment using the following bank details:

Payment Details

- **Plan Cost:** INR 42,500 / SGD 620

Payment Methods:

For International Transfers:

- ☐ **Name:** Akanksha Rathi
- ☐ **PayNow Number:** +65-96533603

For Indian Bank Transfers:

- ☐ **Name:** Akanksha Rathi
- ☐ **Gpay Number:** +91-9911214187
- ☐ **UPI ID:** 9911214187@axisbank
- ☐ **Account Number:** 5081060234
- ☐ **IFSC Code:** UTIB0005140
- ☐ **Bank Address:** Axis Bank, DLF Capitol Point, Connaught Place, New Delhi
- ☐ **Swift Code:** AXISINBBXXX

Once payment is received, you will be sent a WhatsApp message with a welcome pack and further instructions on how to start.

Terms & Conditions

1. **Payment & Confirmation:** The cost of the plan is INR 42,500 / SGD 620. Payment confirmation is required before the plan begins.
2. **Privacy:** All personal details, including health information and payment details, will be kept confidential and will not be shared with third parties.
3. **Results Disclaimer:** Individual results may vary. This program is designed to support overall health and wellness, but results depend on consistency and adherence to the plan.

 Visit: www.atozofpregnancy.com

 Contact Dr. Akanksha on WhatsApp (+65-83167412) to begin your personalized Pregnancy Wise journey.

✨ Pregnancy is sacred. Your diet should be too. Let's nourish motherhood the right way.