TRIMESTER 3

Plan A

Breakfast

Corn Cereal Blended with multigrain toast.

Multigrain bread contains grains and nuts, which provides good fat.

Snack

Homemade papaya milk*.

*You can make papaya milk using Anmum™ Materna!

Lunch

Grilled salmon with spinach salad and mashed potato.

Salmon contains DHA, which is important for your little one's development.

Snack

1/2 guava and 1 kuih ketayap.

Dinner

Grilled chicken breast with vegetables and tofu dressing and a baked sweet potato.

Grilling is the healthy option while still giving your chicken that delicious crispy layer. This is a healthy option with homemade dressing.

Anmum™ Materna Honey Corn Cereal Blended

Ingredients:

Small Iced Cubes – 1 glass
Honey Corn Cereal – 40gm
Honey – 20gm
Anmum™ Materna –
3 scoops, 36gm or 1 stick pack
Sliced Strawberries
(for garnishing) – ½ units
Blueberries
(for garnishing) – 5 units

1. Mix all ingredients in a blender & ensure to blend all until smooth.

2. You may garnish with slices of strawberries & some blueberries if desired and serve.

Portion yield: 1 serving

Time: 10 minutes

PAPAYA MILK

INGREDIENTS

- **1/2** small ripe papaya
- **4 tbsps** of Anmum™ Materna with **200ml** water

METHODS

1. Cut up the ripe papaya and blitz in the blender together with Anmum™ Materna milk. *[Optional: Add ice cubes if you want to enjoy the drink cold.]*

Portion Yield: 1 servings
Time: 30 minutes

Ingredients

50g of Japanese silky tofu
20g of toasted sesame seeds
50ml of warm water
4 tbsp of Anmum Materna + 200ml
Toasted sesame seeds [optional]

Methods

1. Blend Japanese silky tofu, toasted sesame seeds, warm water with 4 tablespoon of Anmum™ Materna.
2. Add extra toasted black and white sesame seeds for fragrant and colour.

Tofu Dressing Recipe

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Plan B

Breakfast
1 wholemeal sandwich tuna* and 1 glass of milk.
**Tuna is a good source of DHA, which is important for your little one's development.*

Snack
Mixed fruits platter with yogurt.

Lunch
Chapati* with fish curry, tomato, lady fingers, and carrots.
**Chapati is a good alternative to replace roti canai.*

Snack
1 glass of milk and 1 cup of chickpea.

Dinner
Basmathi rice with grilled tandoori chicken, and rasam with vegetable curry (cabbage, long beans, eggplant and tomatoes).

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Plan C

Breakfast
Poached eggs on grilled tomatoes.

Snack
Banana* smoothies* with almond slices.

**Banana gives you energy.*
**Give your smoothie an extra boost with Anmum™ Materna, which is high in calcium and contains folate and iron.*

Lunch
Spaghetti chicken bolognaise with Caesar salad.

Snack
8 small grapes and 1 glass of milk.

Dinner
Baked fish and corn* with milk [wrap fish with milk sauce and corn, and slow cook in the oven] with roasted vegetables.

**Adding corn will add natural sweetness to your meal*

Banana Smoothie

Time: 10 minutes

Portion yield: 1 serving

INGREDIENTS

- **1** frozen banana, sliced
- **4 tbsp** of Anmum™ Materna plain or chocolate
- **200ml** water

METHODS

1. Put the banana slices in the blender.
2. Mix Anmum™ Materna with **200ml** water.
3. Add the milk to the blender.
4. Blend and serve.

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Plan D

Breakfast
Milk toast with 1 glass of milk.
*Adding milk to the egg dip before you make your toast adds protein to your meal.

Snack
1 orange and 1 glass of lemonade juice.

Lunch
Grilled chicken chop with baked broccoli and cauliflower, carrot, green peas, and mushroom and corn.

Snack
2 small ramekins of Panna cotta with 10 walnuts.

Dinner
Grilled salmon with mashed povado (potato and avocado), with grilled vegetables or a salad.

MASHED POVADO RECIPE

Portion Yield: 2 servings
Time: 30 minutes

Methods

1. Boil potato in the stock. Once soft, drain.
2. Remove the skin from the avocado and add to the potato while it is still hot.
3. Mash the avocado and potato. Mix in carrot.
4. Pour in the milk and add in butter and pepper. Mix well.
5. Serve hot.

Ingredients

100ml of warm water
4 tbsp of 1 stick pack Anmum™ Materna Plain
1 russet potato
1 avocado
½ small carrot, grated
2 cups vegetable/ chicken stock
A dash of pepper

PANNA COTTA MADE EASY RECIPE

Portion yield: 6 small ramekins | Time: 30 minutes excluding chilling time

Methods

1. Simmer the heavy cream until tiny bubbles appear at the side of the pot. Add the sugar. Once it is dissolved, take the pot away from the heat.
2. Stir in Anmum™ Materna.
3. Dilute the gelatine using warm water and pour into the pot as well.
4. Once the gelatine has been incorporated into the milk and cream, pour into 6 ramekins which are slightly oiled.
5. Place them into the chiller overnight.
6. Once the Panna cotta sets, serve with freshly pureed berries.

Ingredients

- 1 cup heavy cream
- 50ml of warm water
- 4 tbsp Anmum™ Materna, plain
- ¼ cup warm water
- 2 tsp of gelatine