



Slurrp It Up Meal Plan!

Month 10, Week 2 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Pesarattu + Peanut Chutney + Guava (should be ripe and soft)
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Stuffed Moong Paratha + Spinach Peas Curry
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Jowar Appe + Baingan Bharta
8pm	●	Bed Time Breast Milk / Formula

Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Thalipeeth + Butter + Fresh Figs
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Egg/ Tofu Vegetable Omelette Wedges + Roasted Bell Peppers
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Chana Dal Pulao + Carrot Raita
8pm	●	Bed Time Breast Milk / Formula

Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Jowar Porridge with Banana
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Masala Koki + Kadhi + Cucumber
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Sweet Potato Pumpkin Pasta + Boiled Green Channa (squished)
8pm	●	Bed Time Breast Milk / Formula

Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Vegetable Idlis + Corn Sambar
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Toor Dal + Red Rice + Brinjal Sabji
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Chicken / Meat / Vegetable Biryani + Carrot Raita
8pm	●	Bed Time Breast Milk / Formula

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Green Moong Dal Cheela with Peas + tomato peanut Chutney
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Sprouts Fried Rice + Spinach Raita
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Banyard Millet Cheela + Zucchini Raita
8pm	●	Bed Time Breast Milk / Formula

Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Mango Oats Pancake + Musk Melon
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Kadhi Chawal + Beetroot Sabji
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Chicken Tomato Coconut Curry + Rice / Roti
8pm	●	Bed Time Breast Milk / Formula

Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Sprouts Thepla + Papaya
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Iddiappam + Chicken Stew/ Green Peas Stew + Peach
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Phulka+ Aloo Bhaji + Boiled Rajma (squished between fingers)
8pm	●	Bed Time Breast Milk / Formula

Points To Remember

- Do NOT add salt, sugar, honey, jaggery to baby food.
- While making one pot family meals do not add salt while preparing the food. Remove a small amount for the baby before adding salt for the rest of the family.
- Chicken/ meat needs to be cooked well, soft and moist. It can be cut in bite size pieces, shredded and mixed with rice.
- Please refer to Slurrp it up articles for instructions on how to cut/ prepare foods and make them safe for baby.
- A tiny hint of chilli can be added if your baby tolerates and enjoys it. If they don't, wait for a few more weeks before reintroducing.

Disclaimer

Baby May Eat More Or Less. So Do Not Get Stressed Out

