



# Slurrp It Up Meal Plan!

## Month 10, Week 4 – Meal Plan

### Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Millet Upma + Fresh Dates
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Daliya Khichdi with Veggies + Curd
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Broccoli Soup + Nutri Pav Bhaji / Keema Bhaji + choice of Wheat Pav / Gluten-free Pav
8pm	●	Bed Time Breast Milk / Formula

### Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Besan Cheela with Vegetables + Coriander / Mint Chutney
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Massaman Curry (Thai Curry made with Potatoes, Carrots, Chicken cooked in Thai Curry Paste and Coconut Milk) + Parsley Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Pesto Pasta + Cooked Baby Corn
8pm	●	Bed Time Breast Milk / Formula

### Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Ragi Dosa + Tomato Chutney
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Chapati + Lemon Chicken Curry / Chapati + Mixed Vegetable Dal
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Dal Chawal with Ghee + Moringa Sabji
8pm	●	Bed Time Breast Milk / Formula

### Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Amaranth Kebab + Phalsa
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Chickpeas Gravy + Millet Rice with added Lentils and Garlic, Herbs
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Barnyard Millet Pesarattu + Pear Slices (should be soft)
8pm	●	Bed Time Breast Milk / Formula

### Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Broccoli Dal Paratha + Plum
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Rice with Ghee + Chicken Tomato Coconut Curry
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Iddyapam + Curry made from Tofu / Paneer / Egg / Fish / Meat
8pm	●	Bed Time Breast Milk / Formula

### Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Millet Pongal with Vegetables and Chutney
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Moong Dal Bhajia + Curd
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Bell Pepper Garlic Rice + Thick Bean Soup
8pm	●	Bed Time Breast Milk / Formula

### Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Savoury Vegetable Masala Oats + Chickoo
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Mixed Veg Bhaji (Pav Bhaji) + Toasted Whole Wheat Bread
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Sweet Potato Salad + Pudina Roti / Paratha + Sabut Moong Dal
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. I 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

