



# Slurrp It Up Meal Plan!

## Month 11, Week 1 – Meal Plan

### Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Dosa+ Black Bean and Sprouts Filling (filling can be made like potato masala filling and can be served separately) + Sambar
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Mushroom Sabji + Beetroot Tofu Roti (cooked beetroot and tofu can be blended and add to roti dough)
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Masoor Dal + Rice / Red Rice / Millets + Sauteed Carrots
8pm	●	Bed Time Breast Milk / Formula

### Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Poha with Vegetables and Steamed Sprouts + Quartered Cherries
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Rajma Chawal + Bell Pepper Sticks
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Green Pea Tomato Risotto + Pasta Bean Salad
8pm	●	Bed Time Breast Milk / Formula

### Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Moong Dal Porridge + Baked Sweet Potato wedges
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Bajra Bhakri + Palak Dal
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Daliya Khichdi with Veggies + Curd
8pm	●	Bed Time Breast Milk / Formula

### Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Idli + Coconut Chutney + Pumpkin and Drumstick Sambar
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Gobi Mutter Curry + Quiona
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Chicken / Paneer and Veggie Bake
8pm	●	Bed Time Breast Milk / Formula

### Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Green Moong Dal Cheela + Tomato Peanut Chutney
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Sprouts / Chicken Brown Rice Fried Rice + Spinach Raita
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Mix Vegetable Cutlets + Dal Khichdi + Mint Dip
8pm	●	Bed Time Breast Milk / Formula

### Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Sprouts Thepla + Moong Masala + Papaya
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Roti / Rice + Mix Vegetable Jorma + Dal Tadka
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Spaghetti Aglio Olio Pasta with Grilled Vegetables
8pm	●	Bed Time Breast Milk / Formula

### Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Egg / Tofu Paratha + JackFruit
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Masala Roti + Paneer Curry / Fish Jalfrezi + Broccoli
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Curd Rice + Arbi Spinach Pakoda
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.
- Feel free to swap out fruits and veggies according to what is available in the season.

#### Disclaimer

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

