



Slurrp It Up Meal Plan!

Month 11, Week 2 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Veggie Sprouts Vermicelli + Banana
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Toorai Sabji + Roti + Dal + Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Khichdi + Stir Fried Sweet Potato
8pm	●	Bed Time Breast Milk / Formula

Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Egg Bhurji / Paneer Bhurji + Toasted Bread + Quartered Grapes
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Coconut Rice + Chicken / Fish / Paneer Curry + Boiled Corn on Cobb
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Pearl Millet Dosa + Vegetable Sambar
8pm	●	Bed Time Breast Milk / Formula

Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Sweet Potato Omelette with Boiled Egg + Fresh Figs
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Mix Vegetable Cutlets + Dal Khichdi / Palak Khichdi + Mint Dip
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Cluster Beans (gavar) Sabji + Methi Thepla + Dal
8pm	●	Bed Time Breast Milk / Formula

Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Adai (Mix Dal Dosa) + Coconut Chutney + Fresh Apricots
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Mix Dal and Vegetable Khichdi + Curd
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Macaroni with Peas and Corn + Tomato
8pm	●	Bed Time Breast Milk / Formula

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Spinach Paneer Rajgira Paratha + Coconut Coriander Chutney (can be made without chillies)
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Corn Sattu Vegetable Fritters + Tomato Garlic Chutney
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Grilled Veggie Stir Fry (broccoli, baby corn, bellpeppers, tofu, onion) + Oats Masala Khichdi / Daliya Khichdi
8pm	●	Bed Time Breast Milk / Formula

Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Rava Upma with Veggies + Lychee
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Cauliflower Peas Dry Sabji + Chana Dal + Phulka
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Kadhi + Khichdi + Kolu (pumpkin curry)
8pm	●	Bed Time Breast Milk / Formula

Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Savoury Waffles + Pineapple
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Paneer Biryani / Chicken Biryani + Raita
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Boiled Moong + Sambar Rice + Beans Poriyal
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.
- 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

