



Slurrp It Up Meal Plan!

Month 11, Week 3 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Daliya Patties + Pear Slices
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Roti + Vegetable Kofta Curry / Chicken Kofta Curry + Boiled Green Peas
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Pea Pulao + Cucumber Raita
8pm	●	Bed Time Breast Milk / Formula

Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Gobi Paratha + Curd + Peach
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Rajma Masala + Rice / Roti + French Beans Aloo Sabji
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Aloo Pitika (Assame dish made with mashed potato, mustard oil, onion, coriander) Rice + Dal
8pm	●	Bed Time Breast Milk / Formula

Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Uttapam with Veggies + Jamun Fruit
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Brinjal Curry + Methi Paratha + Dal Tadka
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Ragda + Pattice + Sauteed Onions
8pm	●	Bed Time Breast Milk / Formula

Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Egg Scramble + Oranges
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Sol Kadhi + Amaranth Leaves Curry + Ragi Roti
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Scrambled Tofu / Egg Bhurji + Roti
8pm	●	Bed Time Breast Milk / Formula

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Savoury Vegetable Masala Oats + Chikoo
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Mexican Rice with Kidney Beans + Guacamole
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Chicken Kaadhi / Rajma + Rice + Carrots
8pm	●	Bed Time Breast Milk / Formula

Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Aloo Puri with Sprouts
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Tofu Korma / Fish Korma + Lemon rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Chickpeas gravy + Millet Rice with added Lentils and Garlic, Herbs
8pm	●	Bed Time Breast Milk / Formula

Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Whole Wheat Pancakes + Peanut Butter + Strawberries
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Palak Paneer + Rajgira Roti
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Lentil Pasta with Veggies
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 veg-gies according to what is available in the season.

Disclaimer

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

