



# Slurrp It Up Meal Plan!

## Month 11, Week 4 – Meal Plan

### Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Oats Dosa with Potato and Veggies Masala + Star Fruit
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Paneer Vegetable Paratha + Tofu Mayo
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Dhansak + Parsi Style Brown Rice + Purple Cabbage
8pm	●	Bed Time Breast Milk / Formula

### Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Dal Puri + Curd + Apple
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Bhindi Sabji + Gujarati Dal + Roti + Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Mushroom Risotto / Chicken Risotto + Sauteed French Beans
8pm	●	Bed Time Breast Milk / Formula

### Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Overnight Oats + Raspberries
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Bottle Gourd Chana Dal Sabji + Punjabi Kadhi + Steamed Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Spaghetti Bolognese with Mushrooms / Meatballs + Snap Peas
8pm	●	Bed Time Breast Milk / Formula

### Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Egg Omellete / Besan Cheela + Oranges
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Undhiyu (Gujarati sabji made with winter veggies) / Mixed veggie sabji with Paneer + Phulka
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Banyard Millet Cheela + Soybean Curry
8pm	●	Bed Time Breast Milk / Formula

### Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast French Toast / Millet Pancake + Blueberries
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Methi Aloo Curry + Arhar Dal + Millet Roti
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Rice + Thai Red Curry with Mushrooms, Sprouts / Chicken
8pm	●	Bed Time Breast Milk / Formula

### Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Savoury Oatmeal + Kiwi
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Tofu and Mushroom Korma + Brown Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Chana Dal Pulao + Beetroot Raita
8pm	●	Bed Time Breast Milk / Formula

### Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Eggs / Beans with Avocado Toast
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Lentil and Vegetables Millet Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Phulka + Black Eyed Peas Curry + Tomato Wedges
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

