



Slurrp It Up Meal Plan!

Month 12, Week 1 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Red Rice Puttu + Black Chana Curry
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Masoor Dal + Rice / Millets + Capsicum
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Ragi Masala Dosa + Moringa Sambar + Tomato Chutney
8pm	●	Bed Time Breast Milk / Formula

Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Jowar Vegetable Upma + Pomegranate
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Amaranth leaves / Spinach Egg / Paneer Curry + Roti
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Crispy Tofu Cubes + Veggie Khichdi
8pm	●	Bed Time Breast Milk / Formula

Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Sprouted Ragi Paniyarams + Mango
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Soybean Curry / Chettinad Fish Curry + Cluster Beans Stir Fry + Brown / Red Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Haleem + Grated Raddish with Greens
8pm	●	Bed Time Breast Milk / Formula

Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Sattu and Sweet Potato Pancakes + Peanut Butter + Apple
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Akki Roti + Peas and Onion Chutney
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Turnip (Shalgam ki Sabji) + Chana Dal + Roti + Rice
8pm	●	Bed Time Breast Milk / Formula

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Cabbage Jowar Muthia + Green Peas
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Thai Chicken / Paneer Coconut Curry + Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Masala Thepla + Whole Moong Masala
8pm	●	Bed Time Breast Milk / Formula

Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Ragi Veggie Appe + Coconut Chutney
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Palak Paneer + Dudhi Raita
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Lentil Cutlets + Rajma Pulao
8pm	●	Bed Time Breast Milk / Formula

Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Sama ke Chawal ki Idli (Barnyard Millet idli) + Vegetable Kurma
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Beetroot Poriyal + Rasam + Coconut Rice
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Pad Thai Veggies / Chicken Noodles + Boiled Edamame
8pm	●	Bed Time Breast Milk / Formula

Points To Remember

- While making one pot family meals small amounts of salt can be incorporated and the same food can be served to the baby.
- 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

