



Slurrp It Up Meal Plan!

Month 12, Week 3 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Egg Omelette / Besan Cheela + Oranges
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Vegetable Noodles / Millet Noodles + Chickpeas Masala
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Mushroom Risotto / Chicken Risotto + Sauteed Beans
8pm	●	Bed Time Breast Milk / Formula

Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Sprouts and Sweet Potato Paratha + Curd
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Sattu Vegetable Cheela + Cucumber Raita
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Pearl Millet Dosa + Sambar
8pm	●	Bed Time Breast Milk / Formula

Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Rava Pongal with Split Moong Dal + Drumstick Sambar
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Black Eyed Peas Curry / Egg Curry + Bottle Gourd (Lauki) Sabji + Roti
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Oats Khichdi / Daliya Khichdi + Curd
8pm	●	Bed Time Breast Milk / Formula

Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Hummus + Roasted Pita bread + Quartered Olives
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Samai Rice + Chicken / Tofu / Fish Curry + Stir Fried French Beans
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Vegetable Pudhla + Coriander Chutney
8pm	●	Bed Time Breast Milk / Formula

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Vegetable Peas Vermicelli Upma + Muskmelon
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Sattu Methi Bhakri + Tomato Curry
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Ghee Rice + Dal + Brinjal Sabji
8pm	●	Bed Time Breast Milk / Formula

Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Banana Lentil Pancakes + Cashew Butter
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Sweet Potatoes Rajma Cutlets + Tofu Mayo
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Fish Curry / Tofu Curry + Lemon Veggies Pulao
8pm	●	Bed Time Breast Milk / Formula

Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Neer Dosa + Capsicum Sambar
10am	●	Mid morning Breast Milk / Formula
12pm	●	Pre lunch Breast Milk / Formula
1pm	●	Lunch Roti + Kadai Chicken / Kadai Paneer + Parwal Sabji
3pm	●	Early Evening Breast Milk / Formula
5pm	●	Pre Dinner Breast Milk / Formula
6pm	●	Dinner Oats Moong Dal Cheela + Curd
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

