



# Slurrp It Up **Meal Plan!**

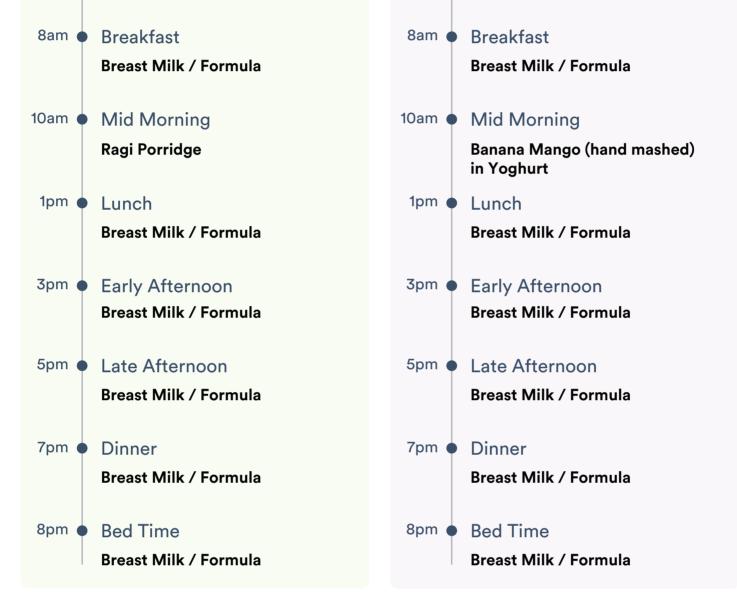
## Month 6, Week 1 – Meal Plan



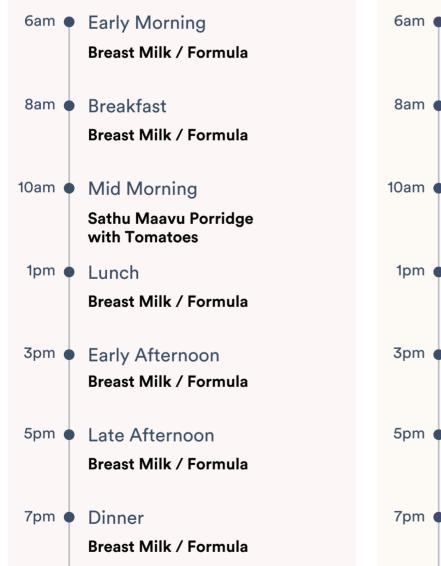
6am • Early Morning **Breast Milk / Formula** 

# Thursday

6am • Early Morning **Breast Milk / Formula** 



## Friday



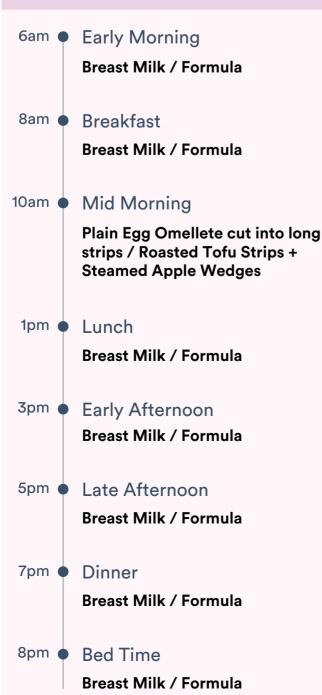
## Saturday

6am	Early Morning
	Breast Milk / Formula
8am 🔶	Breakfast
	Breast Milk / Formula
10am 🌢	Mid Morning
	Rice + Dal / Chicken Curry
	(with ghee)
1pm 🔶	Lunch
	Breast Milk / Formula
3pm	Early Afternoon
	Early Afternoon
	Breast Milk / Formula
5pm 🔶	Late Afternoon
	Breast Milk / Formula
7pm 🔶	Dinner
	Breast Milk / Formula

#### <sup>8pm</sup> • Bed Time

**Breast Milk / Formula** 

## Sunday



#### <sup>8pm</sup> • Bed Time

**Breast Milk / Formula** 

## **Points To Remember**

- Give Breastmilk/ formula milk as per demand of the baby, at least minimum of 5 times a day.
- Breastfeed 30 to 45 minutes before the solid meal. If using formula milk feed an hour before the meal.
- Do NOT add salt, sugar, honey, jaggery to baby food.
- While making one pot family meals do not add chillies and salt while preparing the food. Remove a small amount for the baby before adding salt or chillies for the rest of the family.
- Chicken needs to be cooked well, soft and moist. Avoid chillies and salt. it can be shredded and mixed with rice/ hand mashed.

#### Disclaimer

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

