



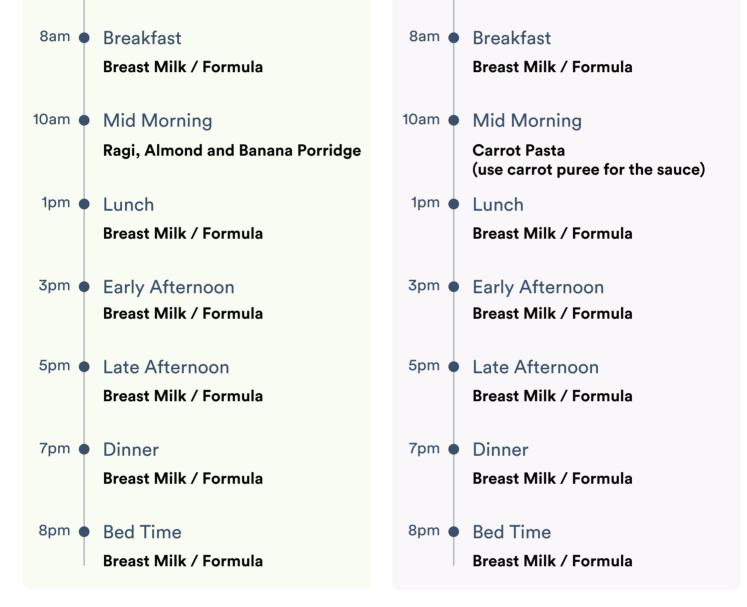
Slurrp It Up Meal Plan!

Month G, Week 2 - Meal Plan



6am • Early Morning Breast Milk / Formula

6am • Early Morning Breast Milk / Formula



Friday



Saturday

6am 🔵	Early Morning
	Breast Milk / Formula
8am	Breakfast
	Breast Milk / Formula
10am 🖕	Mid Morning
	Kadhi Chawal + Boiled Corn on Cobb
1pm	Lunch
	Breast Milk / Formula
3pm	Early Afternoon
	Breast Milk / Formula
5pm	Late Afternoon
	Breast Milk / Formula
7pm	Dinner
	Breast Milk / Formula

^{8pm} • Bed Time

Breast Milk / Formula

Sunday



^{8pm} • 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.
- Before 30 to 45 minutes of the solid meal, give breastfeed. Then offer Solid food
- 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.

Disclaimer

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

