



Slurrp It Up Meal Plan!

Month 6, Week 2 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Moong Dal Khichdi with Paalak
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

Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Masoor Dal + Rice with Ghee + Steamed Carrot Sticks
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

Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Ragi, Almond and Banana Porridge
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

Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Carrot Pasta (use carrot puree for the sauce)
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

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Pongal + Sambhar
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

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

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Strawberry Oatmeal with Chia Seeds
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

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

