



Slurrp It Up Meal Plan!

Month 6, Week 3 – Meal Plan

Monday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Moong Dal Soup
- 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
Sprouted Ragi 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

Wednesday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Egg Spinach Omelette/ Lentils with Spinach + Steamed/ Roasted Cauliflower Florets
- 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
Brown Rice 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

Friday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Idli Wedges dipped in Sambar
- 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
Grilled Chicken Leg/ Tofu Sticks + Mashed Avocado
- 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
Khichdi + Steamed pears
- 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.
- 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.
- For the making chicken drumstick can be given to baby removing most of the meat, cartilage and pointy bones.

Disclaimer

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

