



# Slurrp It Up Meal Plan!

## Month 6, Week 4 – Meal Plan

### Monday

- 6am ● Early Morning  
Breast Milk / Formula
- 8am ● Breakfast  
Breast Milk / Formula
- 10am ● Mid Morning  
Sathu Maavu 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

### Tuesday

- 6am ● Early Morning  
Breast Milk / Formula
- 8am ● Breakfast  
Breast Milk / Formula
- 10am ● Mid Morning  
Tomato Rasam Rice with Ghee + Broccoli Sabji
- 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  
Daliya Khichdi (add Moong Dal/ toor Dal) / Egg Curry + Rice (egg can be handmashed and added to rice)
- 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  
Spinach Pancakes (cut in 2 finger long strips)
- 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  
Sprouted Ragi Breakfast Paniarams
- 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  
Iddiappam + beans (flattened with hands)/ Chicken/ Meat curry
- 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  
Ambil (Curd Porridge) with Slurrp Farm's Ragi, Almond and Banana Mix
- 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.
- Chicken/ Meat needs to be cooked well, soft and moist. Avoid chillies and salt. it can be shredded and offered

#### Disclaimer

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

