



# Slurrp It Up Meal Plan!

## Month 7, Week 1 – Meal Plan

### Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Moong Dal Khichdi + Rainbow Veggies 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 Ghee Rice + ChickPeas Curry (hand mash the chickPeas) + Orange Wedges (remove seeds before offering the orange wedge with the peel on)
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 Chicken/ meat/ vegetable spinach rice + Carrot Raita
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 Sathu Maavu Porridge with Veggies
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 Plain Egg / Tofu Scramble + Steamed/ Roasted Sweet Potato Wedges
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 Little Millet Khichdi with Veggies
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 Whole Wheat Bread Toast + Mango Chia Jam
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.
- Chicken/ meat 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

