



Slurrp It Up Meal Plan!

Month 7, Week 3 – Meal Plan

Monday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Sathu Maavu Paniarams for Toddlers
- 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 + Amaranth Dal
- 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
Tangy Egg/ Tofu Curry with Quinoa & Peas
- 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
Pongal + 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

Friday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Spinach nuggets + Curd
- 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
Mutton / Peas pulao + 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

Sunday

- 6am ● Early Morning
Breast Milk / Formula
- 8am ● Breakfast
Breast Milk / Formula
- 10am ● Mid Morning
Dhokla + Mint Chutney (made from mint and coriander leaves. Pinch of chillies can be added or totally avoided).
- 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

