



Slurrp It Up Meal Plan!

Month 7, Week 4 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Ragi Porridge with Jaggery and Fruit
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 Dudhi Chana Dal + Rice/ Millets
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 Bisi Bhele Bhat + Fish Cutlet
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 Makhana Porridge 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

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Breakfast Breast Milk / Formula
10am	●	Mid Morning Sweet Potato Pumpkin Pasta
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 Vegetable Rice + Minced Meat Curry/ Chickpea Curry (mash the chickPeas before serving)
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 Paneer Cheese Potato Cutlets + Hung Curd Dip
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

