



Slurrp It Up Meal Plan!

Month 8, Week 1 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Aval Upma + Papaya (or any seasonal Fruit)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Daliya Khichdi with Vegetables and Sprouts + Curd
4pm	●	Early Evening Breast Milk / Formula
6pm	●	Late Evening Breast Milk / Formula
8pm	●	Bed Time Breast Milk / Formula

Tuesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Gobi Peas Paratha + Curd
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Rajma Chawal + Sautéed Cauliflower Florets
4pm	●	Early Evening Breast Milk / Formula
6pm	●	Late Evening Breast Milk / Formula
8pm	●	Bed Time Breast Milk / Formula

Wednesday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Rava Pongal with Split Moong Dal + Drumstick Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Rice + Fish Curry / Sprouts Sabji
4pm	●	Early Evening Breast Milk / Formula
6pm	●	Late Evening Breast Milk / Formula
8pm	●	Bed Time Breast Milk / Formula

Thursday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Dosa + Coconut Chutney + Ashgourd Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Chicken Pulao / Paneer Pulao + Boiled/ Roasted Broccoli
4pm	●	Early Evening Breast Milk / Formula
6pm	●	Late Evening Breast Milk / Formula
8pm	●	Bed Time Breast Milk / Formula

Friday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Vegetable Puhla + Coriander Chutney (made from mint, coriander leaves and coconut. Pinch of chillies can be added or totally avoided).
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Wheat Roti + Palak Paneer Curry + Steamed Apple
4pm	●	Early Evening Breast Milk / Formula
6pm	●	Late Evening Breast Milk / Formula
8pm	●	Bed Time Breast Milk / Formula

Saturday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Vegetable Vermicelli Upma + Curd
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Rice + Butter Chicken Curry/ Dal + Bhindi Sabji
4pm	●	Early Evening Breast Milk / Formula
6pm	●	Late Evening Breast Milk / Formula
8pm	●	Bed Time Breast Milk / Formula

Sunday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Chickpea Flour Savory Waffles + Jackfruit (or any seasonal Fruit)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Egg Pulao/ Chickpea Pulao (mash the chickpeas with your hands) + Pudina Raita
4pm	●	Early Evening Breast Milk / Formula
6pm	●	Late Evening 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

