



Slurrp It Up Meal Plan!

Month 8, Week 2 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Neer Dosa + Capsicum Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Palak Rice + Aloo Raita
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 Vegetable Thepla + Curd
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Roti + Meat/ Chicken Curry/ Soya Chunks Vegetable Curry + Sautéed Bellpeppers
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 Whole Wheat Banana Pancake + Watermelon
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Phulka + Kadai Chicken Curry/ Shahi Paneer Curry + Sautéed Baby Corn
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 Handvo + Lychee (or any seasonal Fruit)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Coriander Rice + Arbi Sabji
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 Masala French Toast + Orange
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Jowar Roti + Misal (without farsan)
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 Ragi Dosa + Vegetable Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Vegetable Rice + Fish Curry with Coconut
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 Vegetable Appam + Peach
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Kadhi Chawal / Morkuzhambu Rice + Aloo Bhindi Sabji
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

