



# Slurrp It Up Meal Plan!

## Month 8, Week 3 – Meal Plan

### Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Oats Vegetable Upma + Curd
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Sambar Rice + Raw Plantain Sabji + 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 Carrot Tomato Uthapam + Vegetable Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Missi Roti + Lauki Tamatar Sabji
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 Moong Dal Dosa + Peanut Chutney
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Rice + Tawa Chicken + Cabbage 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 Paneer Paratha + Curd + Banana
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Methi Pulao + Mixed Vegetable Raita
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 Beetroot Poori + Aloo Bhaji + Boiled Rajma (squished between fingers)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Rasam Rice + Egg Omelette + Aloo Jeera Sabji
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 Besan Cheela + Plum (or any seasonal Fruit)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Ragi Roti + Kaddhu ki Sabji / Pumpkin Kootu + Curd
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 Bajra Dal Khichdi + Mango (or any seasonal Fruit)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Fish Pulao + Moringa Leaves Stir Fry
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

