



Slurrp It Up Meal Plan!

Month 8, Week 4 – Meal Plan

Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Ragi Balls + Vegetable Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Broccoli Dal Khichdi + 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 Oats Upma + Chickoo (or any seasonal fruit)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Chapati + Aloo Gobi Mattar Curry
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 Methi Paratha + Plain Greek Yoghurt/ Curd
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Soya Pulao + Aloo Jeera Raita
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 Moong Dal Idli + Coconut Chutney
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Indian Masala Pasta + Boiled / Sauteed Black Beans
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 Dal Paratha + Karvanda (or any seasonal Fruit)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Ghee Rice + Fish Curry / Spinach Sabji + Dal
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 Oats Carrot Idli + Peanut Chutney
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Beetroot Chickpea Paratha + Grated Cucumber Raita
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 Sponge Set Dosa + Vegetable Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Ghee Rice + Mixed Vegetable Dal Curry with Coconut + Curd
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

