



# Slurrp It Up Meal Plan!

## Month 9, Week 2 – Meal Plan

### Monday

6am	●	Early Morning Breast Milk / Formula
8am	●	Before Breakfast Breast Milk / Formula
9am	●	Breakfast Palak Paratha + Plain Raita
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Phulka + Baingan Bharta
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 Omelette + Toast Bread + PineApple
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Fried Rice + Baby Corn Manchurian + Curd
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 Dosa + Tomato Chutney + Vegetable Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Missi Roti + Minced Meat Curry / Paneer Bhurji with Vegetables
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 Spinach Oats Pancakes + Raspberries
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Lemon Rice + Small Potato Gobi Sabji + Curd
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 Ragi Idli + Vegetable Sambar
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Akki Roti (made from Veggies / besan and rice flour) + Chicken Leg with Peanut seasoning / Shahi Paneer Curry
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 Cabbage Jowar Muthia + Green Peas (Boiled / steamed and squished)
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Vaangi Baath + Roasted Onion 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 Curd Semiya with Vegetables
11pm	●	Mid morning Breast Milk / Formula
1pm	●	Pre Lunch Breast Milk / Formula
2pm	●	Lunch Coconut Rice + Grilled Fish
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

