



Slurrp It Up Meal Plan!

Month 9, Week 4 - Meal Plan

Monday		Tuesday	
6am ●	Early Morning Breast Milk / Formula	6am ●	Early Morning Breast Milk / Formula
8am	Before Breakfast Breast Milk / Formula	8am 🔸	Before Breakfast Breast Milk / Formula
9am ●	Breakfast Sama ke Chawal ki Idli (Barnyard Millet Idli) + Vegetable Kurma		Breakfast Vermicelli Upma + Boiled Sprouts
11pm ●	Mid morning Breast Milk / Formula	11pm ●	Mid morning Breast Milk / Formula
1pm ●	Pre Lunch Breast Milk / Formula	1pm	Pre Lunch Breast Milk / Formula
2pm	Lunch Chicken Pulao / Soya Chunks Pulao + Cucumber Raita		Lunch Ghee Rice + Brinjal Curry + Chana SunDal
4pm ●	Early Evening Breast Milk / Formula	4pm ●	Early Evening Breast Milk / Formula
6pm 鱼	Late Evening Breast Milk / Formula	6pm	Late Evening Breast Milk / Formula
8pm ●	Bed Time Breast Milk / Formula	8pm	Bed Time Breast Milk / Formula

Wednesday

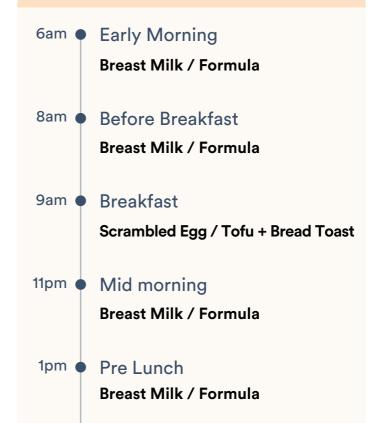
Thursday



Friday



Saturday





Sunday



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

