



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

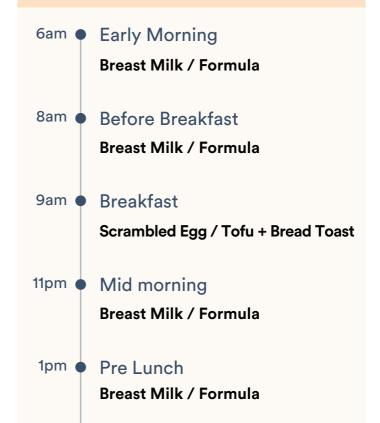
Thursday



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

