



AFTER COMPLETION OF 06 MONTHS TO 09 MONTHS

TIMING	Early Mor	Morning	Noon	Afternoon	Eve.	Night	Late Night
1st week	BF	RICE WATER	BF	APPLE JUICE	BF	RAGI/BAJRI/SUJI RAB	BF
2nd week	BF	DAL SOUP	BF	POMEGRANATE JUICE	BF	RAAGI/JUVAR RAB	BF
3rd week	BF	MOONG SOUP (GREEN GRAM)	BF	BANANA MASHED	BF	WHEAT RAB	BF
4th week	BF	MASOOR DAL SOUP (RED LENTIL)	BF	MASHED POTATO OR SWEET POTATO	BF	SUJI KHIR	BF
5th week	BF	OATS PORRIDGE	BF	SPINACH PUREE OR FRUIT PUREE	BF	MASHED KHICHDI	BF
6th week	BF	TOOR DAL MASHED	BF	YOGURT WITH ANY FRUIT	BF	MASHED RICE WITH ONE VEGETABLE	BF
7th week	BF	MASHED MOONG (GREEN GRAM)	BF	CARROT/LAUKI PUREE OR FRUIT PUREE	BF	WHEAT RAB	BF
8th week	BF	KHIR (RICE/ POHA)	BF	MASHED DAL RICE WITH YOGURT	BF	MASHED DALIYA (BROKEN WHEAT KHICHDI) WITH VEG.	BF
9th week	BF	MIXED VEG. POHA MASHED	BF	DAL RICE MASHED	BF	MASHED MIX VEG. KHICHDI	BF
10th week	BF	OATS WITH FRUIT	BF	MASHED SABJI ROTI WITH CURD	BF	PALAK KHICHDI	BF
11th week	BF	SUJI UPMA WITH VEG.	BF	FRUIT SHAKE (CHIKOO /BANANA/MANGO)	BF	RAGI SHEERA	BF
12th week	BF	OATS WITH VEGETABLE	BF	WHEAT/ APPLE/LAUKI HALWA	BF	SOFT IDLI SAMBHAR	BF

AFTER COMPLETION OF 09 MONTHS

TIMING	Early Mor.	BREAKFAST	LUNCH	MID AFTER-NOON	Evening	DINNER
MONDAY	BF	BESAN CHILLA WITH BEETROOT	GREEN MOONGDAL WITH PALAK WITH RICE	BF	FRUIT YOGURT	VEG PULAO+CURD
TUESDAY	BF	BANANA PANCAKE	MASHED POTATOES SABJI+ROTI	BF	CHIKOO SHAKE	MASOOR DAL KHICHDI WITH
WEDNESDAY	BF	BROKEN WHEAT PORRIDGE	MIX VEG. RICE WITH CURD	BF	PAPAYA PUREE	SPINACH KHICHDI
THURSDAY	BF	RAGI PORRIDGE WITH FRUITS	MIX VEG. SABJI+ROTI	BF	PEAR/APPLE	LAUKI/CARROT HALWA
FRIDAY	BF	MOONG DAL HALWA	MASOOR DAL+RICE+CURD	BF	BANANA SHAKE	IDLI SAMBHAR
SATURDAY	BF	SUJI HALWA WITH ANY FRUIT	PANEER PARATHA OR CURD RICE	BF	TOMATO SOUP	BROKEN WHEAT KHICHDI
SUNDAY	BF	MIX VEG.OATS UPMA	RAGI SHEERA	BF	MIX VEG. SOUP	TOFU PARATHA

GENERAL INSTRUCTIONS

- 1 ALWAYS START WITH TWO SPOON, THEN GRADUALLY INCREASE.
- 2 STERILISED YOUR VESSELS BEFORE SERVING.
- 3 AVOID TOP MILK/COW MILK UP TO 1 YEAR OF AGE,
YOU CAN USE SMALL QUANTITY OF MILK FOR MIXING FOOD.
- 4 NEVER USE BOTTLE FOR FEEDING.
- 5 ALWAYS CHECK & TASTE THE FOOD BEFORE SERVING IT TO THE BABY.
- 6 FOCUS MORE ON QUALITY INSTEAD OF QUANTITY.
- 7 THESE ARE PRINCIPLES FOR GUIDANCE, YOU CAN CHOOSE ANY FAMILY FOOD.
- 8 CHOOSE SEASONAL FRUITS & VEGETABLES AS MANY AS POSSIBLE.