

# 6 MONTHS FOOD CHART

## 1<sup>st</sup> Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	BM/FM	<a href="#">Apple Puree</a>	BM/FM	BM/FM	BM/FM	BM/FM
Tue	BM/FM	BM/FM	<a href="#">Apple Puree</a>	BM/FM	<a href="#">Apple Puree</a>	BM/FM	BM/FM
Wed	BM/FM	BM/FM	<a href="#">Apple Puree</a>	BM/FM	<a href="#">Apple Puree</a>	BM/FM	BM/FM
Thu	BM/FM	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	BM/FM	BM/FM	BM/FM
Fri	BM/FM	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	BM/FM
Sat	BM/FM	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	BM/FM
Sun	BM/FM	BM/FM	<a href="#">Apple Puree</a>	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	BM/FM

## 2<sup>nd</sup> Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	<a href="#">Rice Cereal</a>	BM/FM	BM/FM
Tue	BM/FM	BM/FM	<a href="#">Rice Cereal</a>	BM/FM	<a href="#">Apple Puree</a>	BM/FM	BM/FM
Wed	BM/FM	BM/FM	<a href="#">Barley Cereal</a>	BM/FM	<a href="#">Rice Cereal</a>	BM/FM	BM/FM
Thu	BM/FM	BM/FM	<a href="#">Potato Puree</a>	BM/FM	<a href="#">Barley Cereal</a>	BM/FM	BM/FM
Fri	BM/FM	BM/FM	<a href="#">Barley Cereal</a>	BM/FM	<a href="#">Potato Puree</a>	BM/FM	BM/FM
Sat	BM/FM	BM/FM	<a href="#">Rice Cereal</a>	BM/FM	<a href="#">Potato Puree</a>	BM/FM	BM/FM
Sun	BM/FM	BM/FM	<a href="#">Potato Puree</a>	BM/FM	<a href="#">Barley Cereal</a>	BM/FM	BM/FM

### 3<sup>rd</sup> Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	BM/FM	<a href="#">Apple Puree</a>	BM/FM	<a href="#">Ragi Porridge</a>	BM/FM	BM/FM
Tue	BM/FM	BM/FM	<a href="#">Barley Cereal</a>	BM/FM	<a href="#">Carrot Puree</a>	BM/FM	BM/FM
Wed	BM/FM	BM/FM	<a href="#">Pear Puree</a>	BM/FM	<a href="#">Rice Cereal</a>	BM/FM	BM/FM
Thu	BM/FM	BM/FM	<a href="#">Barley Cereal</a>	BM/FM	<a href="#">Pear Puree</a>	BM/FM	BM/FM
Fri	BM/FM	BM/FM	<a href="#">Sweet Potato Puree</a>	BM/FM	<a href="#">Apple Puree</a>	BM/FM	BM/FM
Sat	BM/FM	BM/FM	<a href="#">Sweet Potato Puree</a>	BM/FM	<a href="#">Pear Puree</a>	BM/FM	BM/FM
Sun	BM/FM	BM/FM	<a href="#">Potato Puree</a>	BM/FM	<a href="#">Ragi Porridge</a>	BM/FM	BM/FM

## 4<sup>th</sup> Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	BM/FM	<a href="#">Apple Puree</a>	BM/FM	<a href="#">Mashed Dal</a>	BM/FM	BM/FM
Tue	BM/FM	BM/FM	<a href="#">Oats Porridge</a>	BM/FM	<a href="#">Banana Puree</a>	BM/FM	BM/FM
Wed	BM/FM	BM/FM	<a href="#">Avocado Puree</a>	BM/FM	<a href="#">Ragi Porridge</a>	BM/FM	BM/FM
Thu	BM/FM	BM/FM	<a href="#">Rice Cereal</a>	BM/FM	<a href="#">Avocado Puree</a>	BM/FM	BM/FM
Fri	BM/FM	BM/FM	<a href="#">Bottle gourd Puree</a>	BM/FM	<a href="#">Mashed Dal</a>	BM/FM	BM/FM
Sat	BM/FM	BM/FM	<a href="#">Oats Porridge</a>	BM/FM	<a href="#">Bottle gourd Puree</a>	BM/FM	BM/FM
Sun	BM/FM	BM/FM	<a href="#">Avocado Puree</a>	BM/FM	<a href="#">Barley Cereal</a>	BM/FM	BM/FM