

7 MONTHS FOOD CHART

1st Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	Brown Rice Cereal	BM/FM	Green Peas and Potato Puree	BM/FM	BM/FM	Carrot Oats Porridge
Tue	BM/FM	Oats Porridge	BM/FM	Carrot Khichdi	BM/FM	BM/FM	Beetroot Potato Puree
Wed	BM/FM	Apple Ragi Porridge	BM/FM	Sweet Potato Puree	BM/FM	BM/FM	Pumpkin Puree
Thu	BM/FM	Mango Puree	BM/FM	Apple Khichdi	BM/FM	BM/FM	Carrot Khichdi
Fri	BM/FM	Raw Kerala Banana Porridge	BM/FM	Beetroot Potato Puree	BM/FM	BM/FM	Green Peas and Potato Puree
Sat	BM/FM	Ragi Porridge	BM/FM	Carrot Oats Porridge	BM/FM	BM/FM	Bottle Gourd Puree
Sun	BM/FM	Rice Cereal	BM/FM	Cooked Dal	BM/FM	BM/FM	Apple Khichdi

2nd Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	Makhana Porridge	BM/FM	French Beans Puree	BM/FM	BM/FM	Carrot Khichdi
Tue	BM/FM	Chikoo Puree	BM/FM	Beetroot Potato Puree	BM/FM	BM/FM	Oats Porridge
Wed	BM/FM	Raw Kerala Banana Porridge	BM/FM	Masala Khichdi	BM/FM	BM/FM	French Beans Puree
Thu	BM/FM	Apple Pear Cinnamon Puree	BM/FM	Green Peas and Potato Puree	BM/FM	BM/FM	Ragi Porridge
Fri	BM/FM	Mango Puree	BM/FM	Carrot Khichdi	BM/FM	BM/FM	Bottle Gourd Puree
Sat	BM/FM	Papaya Puree	BM/FM	Apple Khichdi	BM/FM	BM/FM	French Beans Puree
Sun	BM/FM	Chikoo Oats Porridge	BM/FM	Sweet Potato Puree	BM/FM	BM/FM	Masala Khichdi

3rd Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	<u>Kiwi Banana Puree</u>	BM/FM	<u>Puffed Rice Porridge</u>	BM/FM	BM/FM	<u>Apple Khichdi</u>
Tue	BM/FM	<u>Apple Pear Cinnamon Puree</u>	BM/FM	<u>Tomato Khichdi</u>	BM/FM	<u>Ragi Banana Halwa</u>	<u>French Beans Puree</u>
Wed	BM/FM	<u>Beetroot Halwa</u>	BM/FM	<u>Masala Khichdi</u>	BM/FM	BM/FM	<u>Green Gram Wheat Porridge</u>
Thu	BM/FM	<u>Chikoo Oats Porridge</u>	BM/FM	<u>Green Peas and Potato Puree</u>	BM/FM	<u>Applesauce</u>	<u>Carrot Khichdi</u>
Fri	BM/FM	<u>Mango Puree</u>	BM/FM	Pongal	BM/FM	BM/FM	<u>Tomato Khichdi</u>
Sat	BM/FM	<u>Raw Kerala Banana Porridge</u>	BM/FM	<u>Beetroot Potato Puree</u>	BM/FM	<u>Beetroot Halwa</u>	<u>Masala Khichdi</u>
Sun	BM/FM	<u>Papaya Puree</u>	BM/FM	<u>Puffed Rice Porridge</u>	BM/FM	BM /FM	Pongal

4th Week

	Early Morning	Breakfast	Mid Morning	Lunch	Afternoon Snack	Dinner	Before Bed
Mon	BM/FM	Steamed Dosa	BM/FM	Vegetable Khichdi	BM/FM	Ragi Teething Biscuits	Savory Oats Porridge
Tue	BM/FM	Raw Kerala Banana Porridge	BM/FM	Green Peas and Potato Puree	BM/FM	Beetroot Halwa	Carrot Khichdi
Wed	BM/FM	Samai Kheer	BM/FM	Wheat Dalia Porridge	BM/FM	Mango Puree	Pongal
Thu	BM/FM	Strawberry Banana Puree	BM/FM	Beetroot Potato Puree	BM/FM	Sooji Kheer	Tomato Khichdi
Fri	BM/FM	Chikoo Oats Porridge	BM/FM	Masala Khichdi	BM/FM	Papaya Puree	Green Gram Wheat Porridge
Sat	BM/FM	Banana Makhana Cereal	BM/FM	French Beans Puree	BM/FM	Samai Kheer	Vegetable Khichdi
Sun	BM/FM	Kiwi Banana Puree	BM/FM	Apple Khichdi	BM/FM	Steamed Dosa	Savory Oats Porridge