



Meal Progression for Infants

Age	Morning	Mid-Morning	Noon	Evening	Night
6 Months	Puree/ Soft Finger Food	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
7-8 Months	Puree/ Soft Finger Food	Breastmilk/ Formula Milk	Lunch	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
9-10 Months	Breakfast	Breastmilk/ Formula Milk	Lunch	Breastmilk/ Formula Milk	Dinner
10-12 Months	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner

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Meal Plan - 6 Months

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Apple Puree	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Tuesday	Carrot Puree	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Wednesday	Suji Kheer	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Thursday	Apple + Carrot Puree	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Friday	Banana Puree	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Saturday	Peas Puree	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Sunday	Makhana Kheer	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk



Meal Plan - 7 to 8 Months

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Apple Puree/ Steamed Apple	Breastmilk/ Formula Milk	Dal Rice	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Tuesday	Carrot Puree/ Steamed Cauliflower	Breastmilk/ Formula Milk	Curd Rice	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Wednesday	Tomato Uttapam	Breastmilk/ Formula Milk	Vegetable Khichadi	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Thursday	Suji Kheer	Breastmilk/ Formula Milk	Chapati Mashed in Dal	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Friday	Ragi Porridge	Breastmilk/ Formula Milk	Tomato Rice	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Saturday	Makhana Kheer	Breastmilk/ Formula Milk	Mix Dal Khichadi	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk
Sunday	Sweet Potato Fingers	Breastmilk/ Formula Milk	Chapati Mashed in Milk	Breastmilk/ Formula Milk	Breastmilk/ Formula Milk

Meal Plan - 9 to 10 Months

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Rawa Idli with Coconut chatni	Breastmilk/ Formula Milk	Dal Rice	Breastmilk/ Formula Milk	Ragi Chilla
Tuesday	Potato Chilla	Breastmilk/ Formula Milk	Tomato Rice	Breastmilk/ Formula Milk	Chapati Mashed in Dal
Wednesday	Omelette	Breastmilk/ Formula Milk	Mix Dal Khichadi	Breastmilk/ Formula Milk	Cucumber-Carrot Chilla
Thursday	Poha Uttapam	Breastmilk/ Formula Milk	Chapati Mashed in Dal	Breastmilk/ Formula Milk	Peanut Chilla
Friday	Beetroot Chilla	Breastmilk/ Formula Milk	Curd Rice	Breastmilk/ Formula Milk	Chapati Mashed in Milk
Saturday	Vegetable Chilla	Breastmilk/ Formula Milk	Vegetable Khichadi	Breastmilk/ Formula Milk	Chapati Mashed in Dal
Sunday	Tomato Uttapam	Breastmilk/ Formula Milk	Chapati Mashed in Milk	Breastmilk/ Formula Milk	Methi/Palak Chilla

Meal Plan - 10 to 12 Months

Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
Monday	Onion- Tomato Uttapam	Seasonal Fruit	Dal Rice	Vegetable Soup	Ragi Chilla
Tuesday	Aloo Paratha	Apple Smoothie	Chapati Mashed in Dal	Seasonal Fruit	Vegetable Rice
Wednesday	Omelette	Roasted Fox nuts	Mix Dal Khichadi	Seasonal Fruit	Cucumber-Carrot Chilla
Thursday	Upma	Sweet Potato Fingers	Chapati Mashed in Dal	Oats Chilla	Durum-wheat white Pasta
Friday	Wheat Banana Pancakes	Boiled Egg	Vegetable Khichadi	Carrot-Beetroot Soup	Chapati Mashed in Milk
Saturday	Poha	Banana Smoothie	Chapati Mashed in Dal	Broccoli Corn Chat	Egg Rice
Sunday	Paneer Paratha	Seasonal Fruit	Soya Rice	Peanut Chilla	Curd Rice

Things to Remember

1. This meal plan is generic and what worked with my child. Please consult your pediatrician before introducing solids and/or any new food.
2. Do NOT force feed the child.
3. Start with a spoon or two when starting solids. Let the child decide the quantity. ©QUIRKYMOMPERKYKID
4. No sugar or salt is advised for kids under 1 year of age.
5. When starting solids, 3 days rule is advisable to check for allergies and digestion.
6. Follow 3 hour rule when introducing new food to infant. Keep a close check for any allergic symptoms.

Things to Remember

7. Try to introduce new food during day time so that, if required, you can consult the doctor for any reactions.
8. Breast milk or formula milk is important and should be continued as per doctor's advise. WHO recommends breastfeeding upto 2 years of age. ©QUIRKYMOMPERKYKID
9. Make sure you wash your hands while preparing and feeding the baby. Always prepare fresh food to give it to baby.

P.S. We started with traditional weaning and then switched to Combination Weaning approach. If you are following or want to follow BLW approach then this meal plan will change.