6 to 8 months

TIMINGS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6..30-7.00 AM	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
9.00-9.30 AM	Fortified Cereal for babies ,1 Bowl	Mashed Rice Kheer,1/2 Bowl	Strawberry Milk Shake,1/2 Cup	Fortified Cereal for babies, 1 Bowl	Banana Milk Shake,1/2 Cup	Suji kheer,1/2 Bowl	Fortified Cereal for babies, 1 Bowl
11.00-11.30 am	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
Lunch 1.00 pm	Ghiya Puree, ½ Bowl	Carrot Puree, ½ bowl	Fortified Cereal for babies, 1 Bowl	Pumpkin Puree, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Fortified Cereal for babies, 1 Bowl	Palak Raita,1/2 Bowl
3.00-3.30 pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
5.30 pm	Chiku Milk Shake ½ Cup	Fortified Cereal for babies,1 Bowl	Mashed Moong Dal, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Mashed Potato ½ Bowl	Mashed papaya, ½ Bowl	Fortified Cereal for babies, 1 Bowl
7.30-8.00	Fortified Cereal for babies, 1 Bowl	Mango Yoghurt, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Apple Kheer, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Mashed Moong Dal, ½ Bowl	Mashed Paneer ½ Bowl
10.00 Pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk

DIETECIAN SYED MUMTAZ KARIM