8 to 10 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	Fortified Cereal for babies, 1 Bowl	Suji Kheer, 1 Bowl	Fortified Cereal for babies, 1 Bowl	Carrot Kheer, 1Bowl	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	Mashed Potato With Cheese, ½ Bowl	Fortified Cereal for babies, 1 Bowl	Carrot Pumpkin Puree,1/2 Bowl	Fortified Cereal for babies, 1 Bowl	Mix Vegetable Puree,1/2 Bowl	Fortified Cereal for babies, 1 Bowl	Mashed Rice With Pureed Saag,1 Bowl Curd, ½ Bowl
3.00-3.30 pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk
5.30 pm	Stewed Apple, ½ Bowl	Strawberry Puree ½ Bowl	Mashed Papaya ½ Bowl	Stewed Peach, ½ Bowl	Mango Yoghurt, ½ Bowl	Mashed Muskmelon, ½ Bowl	Banana Smoothie, ½ Cup
7.30-8.00	Fortified Cereal for babies, 1 Bowl	Mashed Dal Palak, 1 Bowl	Fortified Cereal for babies, 1 Bowl	Mashed Ghiya Chana Dal, 1 Bowl	Fortified Cereal for babies, 1 Bowl	Daliya Khichdi, ½ Bowl Pudina Raita, ½ Bowl	Fortified Cereal for babies, 1 Bowl
10.00 Pm	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk	Breast milk

DIETECIAN SYED MUMTAZ KARIM