

## 6th Month Baby Foods Options

### **Veggies:**

1. Carrot
2. Pumpkin
3. Sweet Potato
4. Peas
5. Beetroot
6. Broccoli
7. Spinach
8. Bottle Gourd
9. Potato

### **Fruits:**

1. Apple
2. Banana
3. Pear
4. Papaya
5. Mango
6. Avacado
7. Chickoo

### **Grains & Cereals:**

1. Oats
2. Rice
3. Suji
4. Barley
5. Ragi

### **Pulses:**

1. Moong Daal

Week - 1		
	9-11 AM	2-4 PM
Day - 1	Caroot puree	Caroot puree
Day - 2	Apple puree	Apple puree
Day - 3	Banana puree	Banana puree
Day - 4	Rice porridge	Rice porridge
Day - 5	Pumpkin puree	Pumpkin puree
Day - 6	Sweetpotato puree	Sweetpotato puree
Day - 7	Moong Daal	Moong Daal

Week - 2		
	9-11 AM	2-4 PM
Day - 1	Pears puree	Pears puree
Day - 2	Oats porridge	Oats porridge
Day - 3	Papaya puree	Papaya puree
Day - 4	Rice porridge	Rice porridge
Day - 5	Peas puree	Peas puree
Day - 6	Oats+Apple porridge	Oats+Apple porridge
Day - 7	Suji+Banana Porridge	Suji+Banana Porridge

Week - 3		
	9-11 AM	2-4 PM
Day - 1	Khichdi	Plain Curd
Day - 2	Oats+Carrot porridge	pumpkin puree
Day - 3	Suji+Banana Porridge	Apple+Pear puree
Day - 4	Rice porridge	Oats+Carrot porridge
Day - 5	Papaya puree	Khichdi
Day - 6	Oata+Banaana poridge	Avocado puree
Day - 7	Spinach+Rice+Moong daal Khichdi	Carrot+Beetroot Puree

Week - 4		
	9-11 AM	2-4 PM
Day - 1	Khichdi with Potato	Carrot puree
Day - 2	Suji Upma	Oats+Carrot porridge
Day - 3	Potato+Peas Puree	Banana Puree
Day - 4	Poha+Apple porridge	Poha+Apple porridge
Day - 5	Khichdi with Spinach	Pumpkin Puree
Day - 6	Oats+Carrot porridge	Carrot+Beetroot Puree
Day - 7	Corn puree	Avacado puree

Please find the recipes videos in my Instagram and YouTube channel:

[https://www.instagram.com/mommy\\_sanju/](https://www.instagram.com/mommy_sanju/)

<https://www.youtube.com/@MommyGK>

- **Sanju Shekhawat**