

## 7 Months Baby Food Recipes List

1. Poha Porridge 2. Broken Wheat Porridge 3. Oats Porridge 4. Suji Upma Porridge 5. Makhana Porridge 6. Ragi Porridge 7. Barley Porridge 8. Rice Porridge	Mix fruit and vegetable purees in these porridge. Its best to give heavy meal in morning time and later in some light food in evening. If your Baby is comfortable taking three meals than you can introduce a light snack in between.
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9. Instant Poha Mix 10. Instant Makhana Mix 11. Instant Puffed Rice Mix	You can Roast and griend them in powdered form and store in airtight container. Prepare using hot water and than mix some fruit or vegetable purees
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12. Apple puree 13. Banana puree 14. Avacodo Puree 15. Chickoo Puree 16. Papaya Puree 17. Pear Puree 18. Kiwi Puree 19. Muskmelon	Mix the fruits with Porridge and veggies and try the recipies as per Chart. In 6th Month we mostly try single ingredient purees and porridges and from 7th month you can start mixing. If you are introducing new food to baby in 7th month than always introduce in morning time to check the allergies.
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20. Pumpkin 21. Sweet Potato 22. Peas 23. Beetroot 24. Broccoli 25. Spinach 26. Bottle Gourd 27. Potato 28. Carrot 29. Tomato 30. Beans	Mix the veggies with Porridge and fruits and try the recipies as per Chart. Its best to try the seasonal veggies and fruits.
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Week - 1		
	9-11 AM	2-4 PM
Day - 1	Poha Porridge	Carrot puree
Day - 2	Broken Wheat(Daliya) Porridge	Apple puree
Day - 3	Ragi Porridge	Pumpkin puree
Day - 4	Rice porridge	Apple+Beetroot+Carrot(ABC) Puree
Day - 5	Vegetable Khichdi	Pumpkin puree
Day - 6	Moong+Masoor+Carrot Porridge	Sweetpotato puree
Day - 7	Ragi+Banana Porridge	Rice+pumpkin Porridge

Week - 2		
	9-11 AM	2-4 PM
Day - 1	Oats+Banana porridge	Apple+Pears puree
Day - 2	Suji Upma	Oats porridge
Day - 3	Broken Wheat(Daliya) + Pumpkin Porridge	Papaya puree
Day - 4	Rice+potato+Moong Daal Khichdi	Mashed Avocado
Day - 5	Ragi+Apple Porridge	Kiwi Puree
Day - 6	Oats+Apple porridge	Tomato Rice Porridge
Day - 7	Suji+Banana Porridge	Apple+Beetroot+Carrot(ABC) Puree

Week - 3		
	9-11 AM	2-4 PM
Day - 1	Khichdi	Mashed Rice+Curd Porridge
Day - 2	Oats+Carrot porridge	Instant Poha Mix+Mashed Banana
Day - 3	Suji+Banana Porridge	Apple+Pear puree
Day - 4	Rice porridge	Oats+Carrot porridge
Day - 5	Vegetable Oats Porridge	Instant Poha Mix+Mashed Banana
Day - 6	Oata+Banaana poridge	Instant Makhan Mix+Apple
Day - 7	Spinach+Rice+Moong daal Khichdi	Instant Puffed Rice Mix+Sweet Potato Puree

Week - 4		
	9-11 AM	2-4 PM
Day - 1	Vegetable Daliya	Apple+Beetroot+Carrot(ABC) Puree
Day - 2	Ragi+Banana Porridge	Soft Veggie Tikki(Only if you and your baby comfortable to soft mashed tikki)
Day - 3	Instant Poha Mix+Mashed Banana	Beans+Carrot+Potato Puree
Day - 4	Poha+Apple porridge	Broken Wheat Daliya+Curd
Day - 5	Sweet Potato Puree	Rice+Pumpkin Porridge
Day - 6	Oats+Carrot porridge	Carrot+Beetroot Puree
Day - 7	Rice+Corn Porridge	Instant Makhan Mix+Apple

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