

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.youtube.com/@MommyGK>

- **Sanju Shekhawat**

mommygk.com