

10 Month Baby Food Options

Week - 1				
	Breakfast	Lunch	Evening Snack	Dinner
Day - 1	Oats Chilla	Soft Paneer Paratha	Steamed Apple	Daal Rice
Day - 2	Upma	Soft Spinach Paratha (add puree to dough)	Steamed Pears	Vegetable Khichdi
Day - 3	Ragi+Beetroot(Puree) Chilla	Chapati with Daal	Steamed Carrot	Idli Sambhar
Day - 4	Omelette	Chapati Dipped in Curd+Daal	Steamed Borccoli	Mix Vegetable puree or Soup
Day - 5	Oats+Banana+ Dry Fruits powder Porridge	Curd Rice	Mashed Sweet Potato	Soft Beetroot Paratha (Add puree to dough)
Day - 6	Moong+Masoor+ Carrot Porridge	Idli Sambhar	Boiled Mashed Peas	Rajma boiled and mashed/blended
Day - 7	Besan Chilla	Soft Potato paratha with Curd	Banana	Broccoli+Carrot soup/puree

Week - 2				
	Breakfast	Lunch	Evening Snack	Dinner
Day - 1	Oats+Paneer Chilla	Rasam Rice	Pomegranate Juice	Rice+pumpkin Porridge
Day - 2	Uttam	Vegetable Tikki	Mashed Chikoo	SweetPotato+ Rice Porridge
Day - 3	Besan+Suji Chilla	Soft Potato paratha with Curd	Boiled and mashed Chickpea	Sweet corn soup/puree
Day - 4	Dosa	Moong Daal Paratha+Curd	Steamed Carrot	Broccoli+Tomato Soup
Day - 5	Upma	Chapati mashed with Daal	Mango	Tomato Rice
Day - 6	Vegetable Oats	Vegetable Rice(Mashed)	Kiwi	Suji+Carrot Porridge
Day - 7	Ragi+Banana Porridge	Soft Paneer Paratha	Steamed Apple	Sabudana Vegetable Khichdi

Week - 3				
	Breakfast	Lunch	Evening Snack	Dinner
Day - 1	Broken Wheat Daliya+Almond Powder+Apple	Potato Rice	Gratted and sauted Paneer	Carrot puree
Day - 2	Scrubled Egg+Pinch of Black pepper powder on it	Soft Green Methi Paratha(Add Puree to dough)	Avocado	Spinach Moong Daal
Day - 3	Ragi Porridge+Soaked Date puree	Grated Paneer Rice	Steamed Beans	Mashed/Blend ed Peas
Day - 4	Upma	Bajra Porridge	Very thin Sliced Cucumber	Apple+Beetroot+Carrot(ABC) Puree
Day - 5	Omelette	Soft Pudina Paatha+Curd	Steamed Apple	Tomato Soup
Day - 6	Ragi+Banana+Dry fruits Porridge	Egg Rice	Steamed Sliced Carrot/ Bite Size small cutted	Broccoli Steamed/Mashed
Day - 7	Besan+Jowar Chilla	Chapati Dipped in Curd+Daal	Steamed Broccoli	Rice+pumpkin Porridge

Week - 4				
	Breakfast	Lunch	Evening Snack	Dinner
Day - 1	Upma	Chapati mashed with Daal	Banana	Daal Rice
Day - 2	Oats+Apple Porridge	Daal Rice	Vegetable Tikki	Vegetable Khichdi
Day - 3	Wheat Daliya+Dry Fruits Powder+Soaked Date)	Ragi+Banana Porridge	Makhana+Apple Kheer	Poha Porridge
Day - 4	Broken Wheat Daliya+Almond Powder+Apple	Daal Paratha	Steamed apple Sliced/Bite Size small cutted	Puffed Rice Porridge
Day - 5	Oats+Paneer Chilla	Chickpea Tikki	Suji+Banana Porridge	Mix Seasonal Vegetable soup
Day - 6	Ragi+Banana+pinch of cinnamon Pancakes	Rasam Rice	Steamed Sliced Pears/ Bite Size small cutted	Soft Avocado Paratha
Day - 7	Nuts+Seeds Paratha	Sprouted Moong Jowar Chilla	Chikoo	Vegetable Khichdi

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

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

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- Sanju Shekhawat