

8 Months Baby Food Recipes List

| Week - 1 | | | |
|----------|--|-------------------------------------|--------------------------------|
| | Breakfast | Lunch | Dinner |
| Day - 1 | Makhana+ Banana Porridge | Curd Rice | Daal Rice |
| Day - 2 | Oats+Apple Porridge | Daal Rice | Vegetable Khichdi |
| Day - 3 | Ragi+Banana Porridge | Chapati mashed with Daal | Pumpkin Mashed/Puree |
| Day - 4 | Rice+Sweet Potato Porridge | Chapati Dipped in Curd | Mix Vegetable puree or Soup |
| Day - 5 | Oats+Banana+ Cardamom Powder+Cashew Powder Porridge | Peas Rice Mashed | Pumpkin puree |
| Day - 6 | Moong+Masoor+ Carrot Porridge | Rajma boiled and mashed/blended | Sweetpotato puree |
| Day - 7 | Apple Suji Porridge | Chickpea blended+cumin powder | Broccoli+Carrot soup/puree |

| Week - 2 | | | |
|----------|---------------------------|---|-----------------------------|
| | Breakfast | Lunch | Dinner |
| Day - 1 | Quinoa Porridge | Rasam Rice | Spinach Moong Daal |
| Day - 2 | Apple+Rice Porridge | Curd+Wheat Daliya+pinch of cumin seeds powder+ pinch of black pepper powder | SweetPotato+ Rice Porridge |
| Day - 3 | Apple+Suji Porridge | Ragi+Banana Porridge | Sweet corn soup/puree |
| Day - 4 | Dosa | Pumpkin Rice | Pumpkin Puree |
| Day - 5 | Oats+Strawberrie Porridge | Chapati mashed with Daal | Tomato Soup |
| Day - 6 | Oats+Blueberry Porridge | Peas+Rice Mashed | Suji Porridge |
| Day - 7 | Ragi+Banana Porridge | Rice+pumpkin Porridge | Mix Vegetable puree or Soup |

| Week - 3 | | | |
|----------|--|---------------------------|-------------------------------------|
| | Breakfast | Lunch | Dinner |
| Day - 1 | Broken Wheat Daliya+Almond Powder+Apple | Potato Rice | Carrot puree |
| Day - 2 | Scrubled Egg+Pinch of Black pepper powder on it | Peas Rice Mashed | Spinach Moong Daal |
| Day - 3 | Ragi Pancakes | Grated Paneer Rice | Mashed/Blend ed Peas |
| Day - 4 | Oats+Banana Pancake | Bajra Porridge | Apple+Beetroot+Carrot(ABC) Puree |
| Day - 5 | Soft Omelette | Ragi Porridge | Tomato Soup |
| Day - 6 | Pears+Beetroot+ Beans puree | Egg Rice | Broccoli Steamed/Mashed |
| Day - 7 | Barley Porridge | Chapati Dipped in Curd | Rice+pumpkin Porridge |

| Week - 4 | | | |
|----------|--|--|--|
| | Breakfast | Lunch | Dinner |
| Day - 1 | Ragi+Apple Porridge | Chapati mashed with Daal | Daal Rice |
| Day - 2 | Oats+Apple Porridge | Daal Rice | Vegetable Khichdi |
| Day - 3 | Makhana Porridge | Ragi+Banana Porridge | Poha Porridge |
| Day - 4 | Broken Wheat Daliya+Almond Powder+Apple | Rajma boiled and mashed/blended | Puffed Rice Porridge |
| Day - 5 | Scrubbed Egg+Pinch of Black paper powder on it | Chickpea blended with cumin powder | Wheat Daliya+cardamom powder+almond porridge |
| Day - 6 | Ragi+Banana+pinch of cinnamon Pancakes | Rasam Rice | Avocado mashed |
| Day - 7 | Oats+Apple+ pinch of cinnamon powder Pancake | Curd+Wheat Daliya+pinch of cumin seeds powder+ pinch of black paper powder | Broccoli+Carrot soup/puree |

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

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

https://www.instagram.com/mommy_sanju/

- Sanju Shekhawat