

11 -12 Month Baby Food Options

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

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

Week - 3					
Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
1	Broken Wheat Daliya+Almond Powder+Apple	Banana	Potato Rice	Grated and sauted Paneer	Carrot puree
2	Scrambled Egg+Pinch of Black pepper powder on it	Thin Sliced watermelon (Remove Seeds)	Soft Green Methi Paratha(Add Puree to dough)	Avocado	Spinach Moong Daal khichdi
3	Ragi Porridge+Soaked Date puree	Apple thin sliced/steamed	Grated Paneer Rice	Steamed Beans	Mashed/Blended Peas
4	Moong Daal+veggie chilla	Steamed or thin sliced Pears	Bajra veggie Porridge	Very thin Sliced Cucumber	Apple+Beetroot+Carrot(ABC) Puree
5	Omelette	Thin sliced muskmelon	Soft Pudina Paatha+Curd	Sweet potato fries(homemade)	Tomato Soup
6	Ragi+Banana+Dry fruits Porridge	Sliced/Bite Size Kiwi	Egg Rice	Steamed Sliced Carrot/ Bite Size small cutted	Broccoli Steamed/Mashed
7	Besan+Jowar Chilla	Avocado	Chapati Dipped in Curd+Daal	Steamed Broccoli	Rice+pumpkin Porridge

Week - 4					
Day	Breakfast	Mid-Morning Snack	Lunch	Evening Snack	Dinner
1	Upma	Kiwi	Chapati mashed with Daal	Banana	Daal Rice
2	Oats+Apple Porridge	Avocado	Daal Rice	Vegetable Tikki	Vegetable Khichdi
3	wheat Daliya+Dry Fruits Powder+Soaked (Date)	Thin Sliced watermelon (Remove Seeds)	Ragi+Banana Porridge	Makhana+Apple Kheer	Poha Porridge
4	Moong Daal+veggie chilla	Apple thin sliced/steamed	Daal Paratha	Steamed apple Sliced/Bite Size small cutted	Puffed Rice Porridge
5	Oats+Paneer Chilla	Steamed or thin sliced Pears	Chickpea Tikki	Suji+Banana Porridge	Mix Seasonal Vegetable soup
6	Ragi+Banana+ pinch of cinnamon Pancakes	Banana	Rasam Rice	Steamed Sliced Pears/ Bite Size small cutted	Soft Avocado Paratha
7	Nuts+Seeds powder +wheat Paratha	Apple thin sliced/steamed	Sprouted Moong Jowar Chilla	Chikoo	Vegetable Khichdi

For more Baby Food Recipes and Videos:

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

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

- Sanju Shekhawat