

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