

## 7 Months Baby Food Recipes List

<ol style="list-style-type: none"><li>1. Poha Porridge</li><li>2. Broken Wheat Porridge</li><li>3. Oats Porridge</li><li>4. Suji Upma Porridge</li><li>5. Makhana Porridge</li><li>6. Ragi Porridge</li><li>7. Barley Porridge</li><li>8. Rice Porridge</li></ol>	<p>Mix fruit and vegetable purees in these porridge.</p> <p>Its best to give heavy meal in morning time and later in some light food in evening.</p> <p>If your Baby is comfortable taking three meals than you can introduce a light snack in between.</p>
<ol style="list-style-type: none"><li>9. Instant Poha Mix</li><li>10. Instant Makhana Mix</li><li>11. Instant Puffed Rice Mix</li></ol>	<p>You can Roast and griend them in powdered form and store in airtight container.</p> <p>Prepare using hot water and than mix some fruit or vegetable purees</p>

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<ul style="list-style-type: none"><li>12. Apple puree</li><li>13. Banana puree</li><li>14. Avacodo Puree</li><li>15. Chickoo Puree</li><li>16. Papaya Puree</li><li>17. Pear Puree</li><li>18. Kiwi Puree</li><li>19. Muskmelon</li></ul>	<p>Mix the fruits with Porridge and veggies and try the recipies as per Chart.</p> <p>In 6th Month we mostly try single ingredient purees and porridges and from 7th month you can start mixing.</p> <p>If you are introducing new food to baby in 7th month than always introduce in morning time to check the allergies.</p>
<ul style="list-style-type: none"><li>20. Pumpkin</li><li>21. Sweet Potato</li><li>22. Peas</li><li>23. Beetroot</li><li>24. Broccoli</li><li>25. Spinach</li><li>26. Bottle Gourd</li><li>27. Potato</li><li>28. Carrot</li><li>29. Tomato</li><li>30. Beans</li></ul>	<p>Mix the veggies with Porridge and fruits and try the recipies as per Chart.</p> <p>Its best to try the seasonal veggies and fruits.</p>

Week - 1		
	9-11 AM	2-4 PM
Day - 1	Poha Porridge	Carrot puree
Day - 2	Broken Wheat(Daliya) Porridge	Apple puree
Day - 3	Ragi Porridge	Pumpkin puree
Day - 4	Rice porridge	Apple+Beetroot+Carrot(ABC) Puree
Day - 5	Vegetable Khichdi	Pumpkin puree
Day - 6	Moong+Masoor+Carrot Porridge	Sweetpotato puree
Day - 7	Ragi+Banana Porridge	Rice+pumpkin Porridge

Week - 2		
	9-11 AM	2-4 PM
Day - 1	Oats+Banana porridge	Apple+Pears puree
Day - 2	Suji Upma	Oats porridge
Day - 3	Broken Wheat(Daliya) + Pumpkin Porridge	Papaya puree
Day - 4	Rice+potato+Moong Daal Khichdi	Mashed Avocado
Day - 5	Ragi+Apple Porridge	Kiwi Puree
Day - 6	Oats+Apple porridge	Tomato Rice Porridge
Day - 7	Suji+Banana Porridge	Apple+Beetroot+Carrot(ABC) Puree

Week - 3		
	9-11 AM	2-4 PM
Day - 1	Khichdi	Mashed Rice+Curd Porridge
Day - 2	Oats+Carrot porridge	Instant Poha Mix+Mashed Banana
Day - 3	Suji+Banana Porridge	Apple+Pear puree
Day - 4	Rice porridge	Oats+Carrot porridge
Day - 5	Vegetable Oats Porridge	Instant Poha Mix+Mashed Banana
Day - 6	Oata+Banaana poridge	Instant Makhan Mix+Apple
Day - 7	Spinach+Rice+Moong daal Khichdi	Instant Puffed Rice Mix+Sweet Potato Puree

Week - 4		
	9-11 AM	2-4 PM
Day - 1	Vegetable Daliya	Apple+Beetroot+Carrot(ABC) Puree
Day - 2	Ragi+Banana Porridge	Soft Veggie Tikki(Only if you and your baby comfortable to soft mashed tikki)
Day - 3	Instant Poha Mix+Mashed Banana	Beans+Carrot+Potato Puree
Day - 4	Poha+Apple porridge	Broken Wheat Daliya+Curd
Day - 5	Sweet Potato Puree	Rice+Pumpkin Porridge
Day - 6	Oats+Carrot porridge	Carrot+Beetroot Puree
Day - 7	Rice+Corn Porridge	Instant Makhan Mix+Apple

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

[https://www.instagram.com/mommy\\_sanju/](https://www.instagram.com/mommy_sanju/)

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

- Sanju Shekhawat