

ONE-YEAR BABY FEEDING CHART

	EARLY MORNING	BREAKFAST	LUNCH	EVENING	DINNER	BEFORE BED
MONDAY	Breast Milk / Formula	Packaged / Homemade Cereal	Rice, Dal and Sabji	Steamed Vegetables	Suji Kheer	Breast Milk / Formula
TUESDAY	Breast Milk / Formula	Aloo paratha	Chapathi + Dal	Jam + Bread	Paneer with Roti	Breast Milk / Formula
WEDNESDAY	Breast Milk / Formula	Vegetable Idli	Sweet Potato sabji + rice	Packaged Homemade Cereal	Steamed Idli	Breast Milk / Formula
THURSDAY	Breast Milk / Formula	Boiled Potatoes	Vegetable soup + Bread	Potato Wedges	Potato Sabji + Rice + Dal	Breast Milk / Formula
FRIDAY	Breast Milk / Formula	Steamed Vegetables	Chhole + Rice	Vegetable Pasta	Aloo Partha	Breast Milk / Formula
SATURDAY	Breast Milk / Formula	Packaged / Homemade Cereal	Sattu Pancake	Fruit Bowl	Plain Khichdi	Breast Milk / Formula
SUNDAY	Breast Milk / Formula	Suji Upma	Sabji + Chapati	Steamed Idli	Tomato & Carrot Soup + Bread	Breast Milk / Formula

One Year Old Feeding Guide

Yi-Tong Ma

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

One Year Old Feeding Guide:

Adopting the Tune of Phrase: An Mental Symphony within **One Year Old Feeding Guide**

In a global used by monitors and the ceaseless chatter of immediate communication, the melodic elegance and mental symphony developed by the prepared term often disappear in to the background, eclipsed by the constant noise and distractions that permeate our lives. However, located within the pages of **One Year Old Feeding Guide** a stunning literary value overflowing with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by a wonderful musician of language, this charming masterpiece conducts visitors on a mental journey, skillfully unraveling the concealed melodies and profound influence resonating within each cautiously constructed phrase. Within the depths of this poignant examination, we shall investigate the book is key harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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