

Week - 1 Healthy diet chart for one year old baby

Breakfast

Day 1	Upma + Milk
Day 2	Stuffed Vegetable Paratha
Day 3	Ragi Dosa + Milk
Day 4	Dalia
Day 5	Vegetable Cheela
Day 6	Wheat Halwa
Day 7	Sago Kheer

Mid Morning Snack - ½ boiled egg + one cup of juice

Lunch

Day 1	Dal with chapati and veggie with curd
Day 2	Multigrain roti + dal + a sabzi + some boiled beetroot slices + rice
Day 3	Roti + dal + sabzi + some cucumber slices
Day 4	Vegetable Pulao + curd
Day 5	Dal with chapati and seasonal vegetables, and curd
Day 6	Veg pulao and curd.
Day 7	Jowar (sorghum)-wheat roti + chole palak + a few cherry tomatoes

Evening Snack - Milkshake made from a fruit/Veg Soup

Dinner

Day 1	Veg Khichadi
Day 2	Paratha + Paneer Bhurji
Day 3	Roti + sabzi + dal fry
Day 4	Dosa with Sambhar
Day 5	Vegetable - masoor dal pulao
Day 6	Stuffed aloo paratha with butter
Day 7	Rice + Dal

Week - 2

Breakfast

Day 1	Stuffed Paneer Paratha
Day 2	Vegetable Cheela
Day 3	Vegetable Poha
Day 4	Suji Upma
Day 5	Poha
Day 6	Jowar Puff Kheer
Day 7	Stuffed Aloo Paratha

Mid Morning Snack - ½ boiled egg + bowl of fruits

Lunch

Day 1	Soya Curry + Roti + Curd
Day 2	Jowar-wheat Roti + Palak + some cherry tomatoes
Day 3	Roti + One Sabzi + Dal Fry
Day 4	Roti + Dal + Sabzi + some slices of Cucumber
Day 5	Egg Curry + Rice
Day 6	Paratha + Paneer Bhurji
Day 7	Roti + One Sabzi + Dal + Cucumber Raita

Evening Snack - Sandwich + Date + Tomato Chutney

Dinner

Day 1	Vegetable Khichadi
Day 2	Chapati with Curry
Day 3	Dosa with Potatoes
Day 4	Low Spice Pav Bhaji + Soup
Day 5	Khichdi + Curd
Day 6	Paratha with Butter or Curd
Day 7	Rice + Dal

Week - 3

Breakfast

Day 1	Stuffed Paneer Paratha
Day 2	Vegetable Cheela
Day 3	Vegetable Poha
Day 4	Suji Upma
Day 5	Poha + Milk
Day 6	Jowar Puff Kheer
Day 7	Stuffed Aloo Paratha
Mid Morning Snack - ½ boiled egg + one cup of juice	

Lunch

Day 1	Roti + dal + one sabzi + a few slices of cucumber
Day 2	Chopped guava or boiled carrot cubes
Day 3	Roti + One Sabzi + Dal Fry
Day 4	Aloo paratha with homemade butter + lassi
Day 5	Egg Curry + Rice
Day 6	Cottage Cheese + Apple Mash
Day 7	Rice + Paneer Curry

Evening Snack - Poha Pudding

Dinner

Day 1	Vegetable Soup + Fried Rice
Day 2	Roti+ Capsicum sabzi + Dal
Day 3	Methi thepla and Bottle gourd koftas
Day 4	Roti + Dal + One Sabzi + Handpounded rice
Day 5	Soup + Roti or Paratha
Day 6	Bajra roti with Turai and Moong dal sabzi
Day 7	Day 7 - Peas and Potato Sabzi with Simple Paratha

Week - 4

Breakfast

Day 1	Besan ka cheela
Day 2	Oats cooked in milk
Day 3	Egg sandwich
Day 4	Idli
Day 5	Suji Upma
Day 6	Stuffed aloo paratha
Day 7	Poha

Mid-Morning Snack - One cup of juice, a bowl of fruits, or a boiled egg.

Lunch

Day 1	Dal with Rice and Veggies
Day 2	Veg Pulao + Curd
Day 3	Dal with Chappati and Vegetables
Day 4	Panner Curry + Rice
Day 5	Veg Pulao
Day 6	Roti + dal + sabzi + some cucumber slices
Day 7	Wheat roti + Chole palak + some cherry tomatoes

Evening Snack - Wheat- banana sheera

Dinner

Day 1	Spring onion thalipeeth + White butter
Day 2	Curd rice with cucumber
Day 3	Paneer Cutlets
Day 4	Paratha + Cottage Cheese
Day 5	Black Dal with jeera rice
Day 6	Veg Masoor dal pulao + Coconut curry
Day 7	Roti + Dal + Sabzi + some cucumber slices