Food chart for 6 month old baby

Food Items : / Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk	Breast milk Or Formula milk
Breakfast Time	Suji kheer	Mashed banana	Suji kheer	Carrot puree	Mashed banana	Apple steamed
Mid-Morning	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk
Lunch	Banana mash	Apple puree	Rice cereal	Avocado puree	Carrot puree	Rice cereal
Evening Snack	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk
Dinner	Carrot juice/puree	Sweet potato puree	Carrot puree	Potato puree	Chickoo puree	Potato puree
Bedtime Snack	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk	Breast milk or Formula milk