



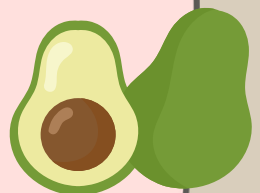
Weekly Meal Planner

6 Months Old Baby

	Lunch	Dinner	Reaction
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

- Milk feeds still come first
- Solids are for practice
- No added salt, sugar, or honey
- Gagging is normal, choking is not
- Fully cook eggs

Allergy / Notes





Weekly Meal Planner

6 Months Old Baby

	Lunch	Dinner	Reaction
Monday	Plain rice porridge	Apple puree	
Tuesday	Pear puree	Carrot puree	
Wednesday	Banana + oats (mashed)	Sweet potato puree	
Thursday	Apple + pear puree	Avocado mash	
Friday	Broccoli + potato puree	Banana oat pancake (soft)	
Saturday	Pumpkin + sweet potato	Dragon fruit + pear puree	
Sunday	Avocado + fully cooked egg yolk	Sweet potato + lentils	

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