On Sunday (or day desired) make enough to last until 3-4 days. For example, on Sunday make enough to last until Wednesday. Then on Wednesday make enough to last through Saturday. See the sample feeding schedule on page 2.

THURSDAY-SATURDAY BATCH

SUNDAY-WEDNESDAY BATCH

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Vegetable** | **Fruit** | **Vegetable** | **Fruit** |
|  | Summer squash | Orange with | Sweet potato | Berry & Pear |
| Wk 1 | Eggplant | Banana |  |  |
|  |  |  |  |  |
|  | 1 cup kale with | Pumpkin with apple | Green peas with | Peach with |
| Wk 2 | 1 cup pineapple & 1tsp of fresh ginger | And dash of cinnamon | Spinach | Apricot |
|  |  |  |  |  |
|  | Broccoli with | Mango with | Butternut squash | Kiwi with |
| Wk 3 | cauliflower | Yogurt | with cinnamon | Melon |
|  |  |  |  |  |
|  | Lima beans | Apples with | Carrots with | Strawberries with |
| Wk 4 | with corn | beets | asparagus | banana |
|  |  |  |  |  |
|  | Spaghetti squash | ½ cherries with | 3 parsnips with | 3 peaches with |
| Wk 5 |  | 1 cup quinoa | 1 sweet potato | 1 avocado |
|  |  |  |  |  |
|  | Acorn squash | Orange with | Mixed greens | Papaya with |
| Wk 6 | with edamame | cranberries | with turnips | mango |
|  |  |  |  |  |
|  | White potato with | 1 sm cucumber | Zucchini & yellow | Banana with |
| Wk 7 | Green beans | With 2 pear, ½ whole | Squash with lentils | Melon |
|  |  | Milk, 3 mint leaves |  |  |
|  | Tomato & leeks | Pineapple | Rutabaga with | Grapes with |
| Wk 8 | with corn | with kiwi | Sweet potato | blueberries |
|  |  |  |  |  |

You could either mix the foods together or separate depending on your child’s preference.

If your foods are too runny try adding any of these: yogurt, banana, \*avocado, cottage cheese, wheat germ, tofu, baby cereal, lentils (split pea, navy beans, etc -cooked and pureed), sweet or white potato.

Challenge your child with a wide range of flavors and textures. All foods could be homemade vs jarred food (make sure you don’t add anything to the foods, just heat if needed and puree). You can also add cinnamon, ginger, or other natural flavor enhancers if desired.

If your baby is still hungry, offer more food. Let the baby tell you when he/she is full. A healthy well-fed baby should be producing wet diapers regularly as well as producing a bowel movement or two during the day. Other fruits to add: starfruit, figs, dates, passion fruit, guava, persimmons, plums. Other veggies to add: peppers, mushrooms, fennel

\*There are many studies to show the significance of avocado playing a major role in brain structure & function as well as the positive impact on language, memory, and perception.

|  |  |
| --- | --- |
| SAMPLE FEEDING SCHEDULE FOR **WEEK ONE** ABOVE |  |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **BREAKFAST** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breast milk  +/or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula |
| Protein +/or  Grain | Oatmeal cereal | Rice cereal | Oatmeal & rice cereal | Egg yolks & cheese | Oatmeal,  rice, barley cereal mix | Rice cereal | Avocado w/egg yolks |
| Vegetables | Summer squash w/eggplant | Summer squash w/eggplant | Summer squash w/eggplant | Summer squash w/eggplant | Sweet potato | Sweet potato | Sweet potato |
| Diary  (optional) | Yogurt |  | Yogurt |  | Yogurt |  | Yogurt |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **LUNCH** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breast milk  +/or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula |
| Protein +/or  Grain | Rice cereal w/chicken | Beef and barley | Tofu mashed w/avocado | Red lentils | Diced turkey | Diced pork or chicken | Barley cereal w/beef |
| Vegetables or fruit | Peaches | Peaches | Peaches | Peaches | Plum and fig | Plum and fig | Plum and fig |
| Diary  (optional) | Yogurt or cheese | Yogurt or cheese | Yogurt or cheese | Yogurt or cheese | Yogurt or cheese | Yogurt or cheese | Yogurt or cheese |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **BREAKFAST** | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Breast milk  +/or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula | Milk or formula |
| Protein +/or  Grain | Tofu cubes | Rice cereal w/chicken | Oatmeal cereal & turkey | Barley cereal | Red lentil baby soup | Pork &rice w/applesauce | Chicken & barley |
| Fruit | Orange with banana | Orange with banana | Orange with banana | Orange with banana | Berries with pear | Berries with pear | Berries with pear |
| Diary or other foods  (optional) | Teething biscuit or yogurt & fruit | Fruit or veggies | Mashed apples on toast | Teething biscuit or yogurt & fruit | Fruit or veggies | Banana slices coated w/wheat germ | Fruit or veggies |