

week one

MON

TUES

WED

THURS

FRI

SAT

SUN

7am  
baby's  
usual  
milk



10am  
baby's  
usual  
milk



12noon  
baby's  
usual  
milk



LUNCH



Broccoli

Cauliflower



Carrot



Green beans

Broccoli



Cauliflower



Carrot



4pm  
baby's  
usual  
milk



7pm  
baby's  
usual  
milk



1-2 spoonfuls of thin puree mixed with baby's usual milk or 1-2 batons of cooked, soft, squishable veg. Green beans are stringy so best served pureed.