

week two

MON

TUES

WED

THURS

FRI

SAT

SUN

7am  
baby's  
usual  
milk



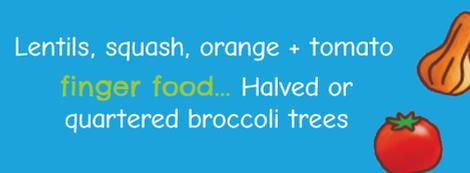
10am  
baby's  
usual  
milk



12noon  
baby's  
usual  
milk



## LUNCH



4pm  
baby's  
usual  
milk



7pm  
baby's  
usual  
milk



A few spoonfuls of puree mixed with baby's usual milk. Go for a smooth mashed potato-like consistency.

Make sure all veg are soft cooked so they squish between your finger + thumb + about the size + shape of an adult index finger.