

21 DAYS TO SOLIDS

_____ 's Meal Plan



	M	T	W	Th	F	S	S
W 1	 Pumpkin <input checked="" type="checkbox"/> <input type="checkbox"/>	 Pumpkin <input type="checkbox"/> <input type="checkbox"/>	 Pumpkin <input type="checkbox"/> <input type="checkbox"/>	 Kumara <input type="checkbox"/> <input type="checkbox"/>	 Kumara <input type="checkbox"/> <input type="checkbox"/>	 Kumara <input type="checkbox"/> <input type="checkbox"/>	 Rainbow Chard <input type="checkbox"/> <input type="checkbox"/>
W 2	 Rainbow Chard <input type="checkbox"/> <input type="checkbox"/>	 Rainbow Chard <input type="checkbox"/> <input type="checkbox"/>	 Apple <input type="checkbox"/> <input type="checkbox"/>	 Apple <input type="checkbox"/> <input type="checkbox"/>	 Apple <input type="checkbox"/> <input type="checkbox"/>	 Beetroot <input type="checkbox"/> <input type="checkbox"/>	 Beetroot <input type="checkbox"/> <input type="checkbox"/>
W 3	 Beetroot <input type="checkbox"/> <input type="checkbox"/>	 Carrot <input type="checkbox"/> <input type="checkbox"/>	 Carrot <input type="checkbox"/> <input type="checkbox"/>	 Carrot <input type="checkbox"/> <input type="checkbox"/>	 Pear <input type="checkbox"/> <input type="checkbox"/>	 Pear <input type="checkbox"/> <input type="checkbox"/>	 Pear <input type="checkbox"/> <input type="checkbox"/>

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Cut along the dotted line and pop this meal plan up on the fridge. ✂

FUTURE FOODY'S 21 Days To Solids plan introduces solids gradually, one at a time, with a new food every three days. This is gentle on baby's tummy and makes it easy to monitor if a particular food has caused an aversion or allergic reaction.

Although we want your baby to enjoy eating a wide variety of foods, it takes time for baby to get used to each new taste and texture.

We've hand-picked only the best organic vegetables and fruits to provide a wide variety of nutrients, colours and textures to nourish your growing baby.

Sounds good, right bubs?
 Alright, now open wide!

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