



First 100 Days: Daily Meal Plan for Starting Solids

How To Use This Guide

This plan offers a step-by-step menu for the first 100 days of starting solid food. It was written with baby-led weaning in mind, but the meals are easily adapted for spoon-feeding by simply mashing, blending, or pulsing foods with liquid or a binder like applesauce or yogurt. Each page represents one day. Each day offers two suggested meals. The time of serving is up to you. Meal 1 tends to include breakfast foods, but we guarantee that a baby won't mind breakfast for dinner! Meal 2 does not have to be lunch; in fact, many parents (particularly those with babies in daycare) serve Meal 2 as an early dinner. Adapt the plan to your family's needs. If the pace of introducing new foods feels too fast or doesn't fit with your lifestyle, simply repeat or skip a day. Lastly, if you want to print this guide, we recommend printing one page per day because the document is long and your family's needs may shift over time. For easy navigation within the document, click on any meal within the table on pages 6-13 to jump to the day's plan and recipes. Likewise, click on the **bolded, underlined text** within a meal to jump to the corresponding recipe.

Introducing Multiple Foods Every Day

The plan offers a framework for introducing a wide variety of food—sometimes more than one new food per day. If you've heard that only one new food can be introduced every couple of days, we are here to share that the advice is outdated and unnecessary for non-allergenic foods. Our professional opinion is that the benefits of introducing a wide variety of new foods early in a baby's solid food journey far outweigh the risks of a potential reaction or sensitivity. However, it would be wise to introduce common allergens on days when no new foods are introduced. That way, if there is an allergic reaction, you know which food was responsible.

The plan's recipes do not include breast milk or formula; however, caregivers are welcome to mix in a splash of breast milk or formula for added nutrition to any dish. When doing so, take care to store any leftovers following the instructions for the given milk used. For details on how to cook and store foods with breast milk, visit solidstarts.com and search "breast milk."

Don't Sweat Portion Size

Let baby's appetite determine how much food is eaten at each meal. The recipes here offer a suggested number of servings but if baby wants to eat more food, let baby dig in. It's our job as caregivers to offer nutritious meals, and it's baby's job to decide how much to eat. That said, we understand you use recipes to help inform how much food to buy and make. That is why the recipes suggest a number of child-sized servings, which we estimate to be ½ to 1 cup or more for babies who are ready to start solids. As baby develops eating skills, the amount of solid food consumed will gradually increase. Finally, remember that solid food should complement (and not replace) breast milk or formula for babies under 1 year of age. When it comes to serving size, there is not a one-size-fits-all solution. Trust your gut—and your baby.

Start Allergens Early

There's a growing body of evidence that suggests early introduction of food allergens—particularly egg and peanut—may prevent those food allergies from developing later in life.¹ This plan considers the nutritional needs of a 6- to 12-month-old baby, age-appropriateness of food types and sizes, and the timing and frequency of introduction to common food allergens. The plan also introduces common food allergens (milk, eggs, fish, peanut, sesame, selected tree nuts, soy, and wheat) but does not introduce shellfish. Shellfish is excluded because it is notorious for causing food poisoning (to which babies are more susceptible) and tends to be difficult for babies to chew. There is also no evidence that introducing shellfish early in a baby's life prevents shellfish allergy from developing. Refer to the far-right column in the table on pages 6-13 and each day's meal plan to see when a common allergen is included. Pay particular attention to the common allergens included in each recipe on the far-right column of each day, and only serve to a child after those allergens have been safely introduced and ruled out as allergies. Should baby develop an allergy to any of the foods listed in this plan, simply utilize a menu from another day or from the allergen-free menu guide in your account.

Common allergens in the plan are "IgE" food allergens. For those with food allergies, this means the immune system overreacts by producing antibodies called Immunoglobulin E. These antibodies are responsible for the allergic reaction, which typically appears shortly after ingestion and can include itchy rash, swelling, vomiting/diarrhea, trouble breathing, and decreased blood pressure. For full details on common allergens, risk factors for food allergies, and symptoms of allergic reactions, see solidstarts.com/starting-solids/allergies/.

It is important to recognize that other foods can trigger allergic reactions, even though they may not be listed as an allergen. In theory, an individual can be allergic to any food. If you have a family history of food allergies, you can still introduce potential food allergens at home after discussion with your baby's doctor. If your baby has severe eczema or an existing allergy to another food, consult with a pediatric allergist before introducing common allergens, as these conditions are associated with a greater risk of food allergy. If you have difficulty obtaining an allergist appointment within the recommended time frame (4-6 months of age), talk to your pediatrician or family practice doctor for guidance.

Introduce Allergens, Then Repeat, Repeat, Repeat

Once an allergen is introduced in the plan, it is repeated twice each week. This regular and sustained exposure to allergens is intentional and designed to help a baby's body continue to tolerate the allergen. In other words, a baby will not get the full preventative benefit if you only introduce the allergen once or twice, and then stop feeding that food. Once you introduce an allergen into the diet, try to sustain it by offering the food at least twice per week thereafter.

A Word on FPIES

Food Protein-Induced Enterocolitis Syndrome (FPIES) is a relatively uncommon food allergy in children that can be severe and life-threatening. Unlike most food allergy reactions that occur within minutes of contact with a specific food trigger, FPIES allergic reactions

¹ *Learning Early About Peanut Allergy (LEAP)*. (2015). Food Allergy Research & Education. <https://www.foodallergy.org/resources/learning-early-about-peanut-allergy-leap> and *Enquiring About Tolerance (EAT) Study*. (2015) <https://www.food.gov.uk/sites/default/files/media/document/eat-study-full-report.pdf>

occur within hours after consuming a particular food. For this reason, FPIES is sometimes known as a delayed food allergy. The most common food culprits are cow's milk products (such as formula), soy, oats, and rice, followed by other foods such as banana, barley, eggs, green beans, peas, meats, poultry, seafood, squash, and sweet potatoes. FPIES is extremely rare in exclusively-breastfed infants.² The classic presentation of FPIES is an infant who recently switched from breast milk to formula or started solids and begins vomiting between 1 to 4 hours and experiencing diarrhea between 5 to 10 hours after eating the specific food culprit. Other symptoms include low blood pressure, low body temperature, extreme pallor, repetitive vomiting, and significant dehydration. Thankfully, most cases of FPIES will completely resolve during toddlerhood. If a child has been diagnosed with FPIES, they must be followed closely by an allergist or immunologist.

Celebrate Your Family Food Culture

Finally, before you dive in, keep in mind that food is personal. What is commonly accepted as a first food in one culture can be shocking to another. The foods introduced in the plan are neither perfect, nor are they the only foods that a baby can eat. Introduce the foods that your family likes to eat, adapt the plan as desired, and if you are not sure if a food is appropriate for the age of a baby (or how to prepare any given food), look it up in our free [First Foods® database](#).

² Nowak-Węgrzyn, A., Chehade, M., Groetch, M. E., Spergel, J. M., Wood, R. A., Allen, K., Atkins, D., Bahna, S., Barad, A. V., Berin, C., Brown Whitehorn, T., Burks, A. W., Caubet, J.-C., Cianferoni, A., Conte, M., Davis, C., Fiocchi, A., Grimshaw, K., Gupta, R., ... Greenhawt, M. (2017). International consensus guidelines for the diagnosis and management of food protein-induced enterocolitis syndrome: Executive summary—Workgroup Report of the Adverse Reactions to Foods Committee, American Academy of Allergy, Asthma & Immunology. *Journal of Allergy and Clinical Immunology*, 139(4), 1111-1126.e4. <https://doi.org/10.1016/j.jaci.2016.12.966>

Favorite Foods for First 100 Days



Oats



Avocado



Sweet Potato



Apple



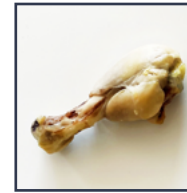
Cannellini Bean



Broccoli



Quinoa



Chicken



Banana



Zucchini



Olive Oil



Beef



Mango



Chicken Liver



Corn



Strawberry



Cauliflower



Pumpkin Seed



Black Beans



Hemp Seed



Egg



Raspberry



Pork



Tomato



Yogurt



Ricotta Cheese



Mascarpone



Prune



Spinach



Garlic



Onion



Lemon



Bell Pepper



Cucumber



Blueberry



Peanut Butter



Carrot



Wheat Farina



Bread



Pasta



Yellow Squash



Ezekial Bread



Goat Cheese



Lamb



Peach or Nectarine



Salmon



Cod



White Fish



Kale



Sardine



Lime



Sesame



Lentil



Buckwheat Noodles

Favorite Foods for First 100 Days



Ginger



Acorn Squash



Chickpea



Blackberry



Persimmon



Orange



Coconut



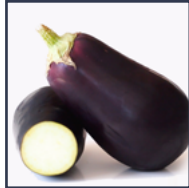
Chia Seeds



Collard Greens



Butternut Squash



Eggplant



Watermelon



Pineapple



Rutabaga or Turnip



Tofu



Edamame



Plantain



Cantaloupe



Walnut



Beet



Mozzarella



Basil



Grapefruit



Kidney Beans



Turkey



Kiwi



Almond



Pear



Mushroom



Green Beans



Trout



Pinto Beans



Cashew



Pistachio



Sunflower Seed



Hazelnut



Couscous



Rice



Spaghetti Squash



Garden Peas



Pecan



Parsnip

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
1	Oatmeal	Mashed Sweet Potato Avocado Half	Oats Avocado Sweet Potato	None
2	Oatmeal Two Ways Stewed Apple	Cannellini Bean Mash Broccoli Florets	Apple Cannellini Bean Broccoli	None
3	Banana Quinoa Porridge Stewed Apple	Chicken Drumstick Mashed Sweet Potato	Quinoa Chicken Banana	None
4	Avocado Half Banana Spears	Steak Strips Zucchini Spears	Zucchini Olive Oil Beef	None
5	Mango Oatmeal Mango Pit	Chicken Liver Two Ways Polenta (Corn Grits)	Mango Chicken Liver Corn	None
6	Strawberry Oatmeal Strawberry	Strips of Polenta (Corn Grits) Cauliflower Florets	Strawberry Cauliflower	None
7	Pumpkin Seed Butter Applesauce Strawberry	Black Bean Mash Avocado Half	Pumpkin Seed Black Beans Hemp Seed	None
8	Omelet Strips Stewed Apple	Steak Strips Zucchini Spears Black Bean Mash	Egg	Egg
9	Egg Salad Stewed Apple	Chicken Drumstick Broccoli Florets	None	Egg
10	Egg Salad Stewed Apple	Hard-Boiled Egg Cauliflower Florets Cannellini Bean Mash	None	Egg
11	Omelet Strips Banana Spears	Polenta (Corn Grits) Broccoli Florets	None	Egg
12	Banana Quinoa Porridge Stewed Apple	Broccoli Omelet Strips Mashed Sweet Potato	None	Egg
13	Raspberry Oatmeal	Pork Spare Rib Cannellini Bean Mash	Raspberry Pork Tomato	None
14	Banana Quinoa Porridge Stewed Apple and Yogurt	Pork Spare Rib Broccoli Florets with Yogurt Dip	Yogurt	Cow's Milk
15	Raspberry Oatmeal Avocado Half	Black Bean Mash Mashed Sweet Potato	None	Cow's Milk

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
16	Oatmeal Mango Spears	Cauliflower Mash Zucchini Spears	None	Cow's Milk
17	Ricotta Cheese Banana and Mango Spears	Chicken Liver Two Ways Polenta (Corn Grits)	Ricotta Cheese	Cow's Milk
18	Quinoa with Mascarpone and Prune	Zucchini Spears Pumpkin Seed Butter Yogurt Dip	Mascarpone Prune	Cow's Milk
19	Omelet Strips Spinach Two Ways	Black Bean Mash Broccoli Florets	Spinach Garlic Onion Lemon	Cow's Milk Egg
20	Pumpkin Seed Butter Applesauce Stewed Apple	Sheet Pan Chicken Drumstick and Bell Pepper Cucumber Slices	Bell Pepper Cucumber	None
21	Purple Oatmeal Smashed Blueberries	Egg Salad Sweet Potato Wedges	Blueberry	Cow's Milk Egg
22	Banana Peanut Butter Oatmeal	Peanut Butter Chicken Strips Cucumber Slices	Peanut Butter	Peanut
23	Peanut Butter Yogurt Stewed Apple	Sheet Pan Cauliflower, Pepper, and Sweet Potato	None	Cow's Milk Peanut
24	Banana Peanut Butter Quinoa Porridge	Spinach Omelet Strips Lemony Broccoli Florets	None	Cow's Milk Egg Peanut
25	Peanut Butter Yogurt Mango Spears with Ground Peanut	Peanut Butter Chicken Strips Polenta (Corn Grits)	None	Cow's Milk Peanut
26	Egg Salad Avocado Half with Ground Peanut	Black Bean Mash Lemony Broccoli Florets	None	Egg Peanut
27	Peanut Butter Ricotta Cheese Stewed Apple	Broccoli Omelet Strips Mashed Carrot	Carrot	Cow's Milk Egg Peanut
28	Oatmeal Two Ways Stewed Apple	Avocado Two Ways Black Bean Mash	None	Cow's Milk
29	Banana Wheat Farina Porridge Mango Spears with Breadcrumbs	Chicken Liver Pâté on Toast Strawberries	Wheat Farina Bread	Wheat
30	Banana Wheat Farina Porridge Prune	Lemony Pasta Chicken Drumstick	Pasta	Wheat
31	Strawberries Two Ways Wheat Farina Porridge	Breaded Chicken Strips Yellow Squash Spears	Yellow Squash	Cow's Milk Wheat

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
32	Ezekiel (Sprouted grain) Toast Banana Spears with Breadcrumbs	Broccoli Omelet Strips Sauteed Spinach	Ezekial Bread	Cow's Milk Egg Wheat
33	Avocado Two Ways Smashed Blueberries	Carrot Pumpkin Seed Mash Yellow Squash Spears	None	Cow's Milk Wheat
34	Goat Cheese Omelet Strips Spinach Two Ways	Lemony Pasta Cauliflower Florets	Goat Cheese	Egg Goat's Milk Wheat
35	Banana Zucchini Pancake Peanut Butter Ricotta Dip	Lamb Burger with Yogurt Peach or Nectarine Half with Ground Peanut	Lamb Peach or Nectarine	Cow's Milk Egg Peanut Wheat
36	Oatmeal Peach or Nectarine Half	Avocado Cannellini Bean Mash Zucchini Spears	None	None
37	Salmon Mashed Sweet Potato	Salmon Avocado Cannellini Bean Mash Lemony Broccoli Florets	Salmon	Fish
38	Quinoa with Mascarpone and Prune	Salmon with Yogurt Yellow Squash Spears	None	Cow's Milk Fish
39	Spinach Goat Cheese Omelet Strips Cucumber Slices	Milk Poached Cod Bell Pepper Halves	Cod	Cow's Milk Goat's Milk Egg Fish
40	Quinoa with Mascarpone and Prune Banana Spears with Ground Peanut	Cod Cakes with Yogurt Cauliflower Florets	None	Cow's Milk Egg Fish Peanut Wheat
41	Raspberry Oatmeal with Yogurt Banana Spears	Chicken Liver Two Ways Cucumber Slices	None	Cow's Milk
42	Omelet Strips Kale Two Ways Peanut Butter "Paint"	Cajun Fish Mashed Carrot	White Fish Kale	Cow's Milk Egg Fish Peanut
43	Peanut Butter Yogurt Avocado Half	Sardine Fillet with Yogurt Yellow Squash Spears Sauteed Kale	Sardine Lime	Cow's Milk Fish Peanut
44	Avocado Half Avocado Black Bean Mash	Carrot Pumpkin Seed Mash Cucumber Slices	None	None

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
45	Banana Sesame Oatmeal	Black Bean Sweet Potato Mash Sauteed Spinach	Sesame	Sesame
46	Strawberries and Cream Oatmeal Sesame Tahini Drizzle	Moong Dal (Yellow Lentils) Lemony Broccoli Florets with Sesame Seeds	Lentil	Cow's Milk Sesame
47	Sesame Tahini Toasts Mango Spears	Sesame Soba Noodles Cauliflower Mash	Buckwheat (Noodles) Ginger	Sesame Wheat
48	Cinnamon Sesame Tahini Dip Banana Spears	Smashed Sardines Acorn Squash Two Ways	Acorn Squash	Fish Sesame
49	Hard-Boiled Eggs Two Ways Blackberries	Lamb Burger Sesame Hummus Cucumber Slices	Chickpea Blackberry	Egg Sesame
50	Banana Sesame Oatmeal Orange Wedges	Cauliflower Pasta and Florets	Persimmon Orange	Peanut Sesame Wheat
51	Cinnamon Quinoa Porridge	Avocado Cannellini Bean Mash Cucumber Slices	None	None
52	Coconut Quinoa Porridge Orange Wedges	Sheet Pan Chicken Drumstick and Acorn Squash	Coconut	None
53	Banana Chia Seed Pudding Peanut Butter "Paint"	Cauliflower Pasta Sauteed Collard Greens	Chia Seeds Collard Greens	Peanut Wheat
54	Cinnamon Squash Oatmeal with Ground Peanut	Cajun Catfish Lemony Ricotta Cheese Sweet Potato Wedges	Butternut Squash	Cow's Milk Fish Peanut
55	Banana Peanut Butter Chia Seed Pudding Mango Spears with Ground Peanut	Baba Ghanoush (Eggplant Dip) Cucumber Slices	Eggplant	Cow's Milk Peanut
56	Scrambled Eggs Sauteed Collard Greens	Carrot Sesame Hummus Watermelon	Watermelon	Cow's Milk Egg Sesame
57	Banana Chia Seed Pudding Mashed Pineapple	Moong Dal (Yellow Lentils) Rutabaga Wedges	Pineapple Rutabaga or Turnip	None
58	Avocado Tofu Mash Peach or Nectarine Half	Edamame (Fresh Soybeans) Mashed Rutabaga	Tofu Edamame	Soy
59	Tofu Strips Mango Pineapple Mash	Edamame (Fresh Soybeans) Polenta (Corn Grits)	None	Soy
60	Tofu-Egg Omelet Strips Sauteed Kale	Chicken Liver Two Ways Cauliflower Mash	None	Cow's Milk Egg Soy

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
61	Mango Sesame Tahini Yogurt Mango Spears with Sesame Seeds	Peanut Tofu Strips Mangú (Mashed Plantain)	Plantain	Cow's Milk Peanut Sesame Soy
62	Creamy Wheat Farina Raspberries Two Ways	Salmon Tofu Mash Sauteed Spinach	None	Cow's Milk Fish Soy Wheat
63	Avocado Cannellini Bean Mash Tomato Wedges	Lamb Chop Mangú (Mashed Plantain) Cantaloupe	Cantaloupe	None
64	Banana Oatmeal with Ground Walnut Stewed Apple	Moong Dal (Yellow Lentils) Lemony Broccoli Florets	Walnut	Tree Nut (Walnut)
65	Tofu-Egg Omelet Strips Stewed Apple with Ground Walnut	Beet Walnut Mash Cucumber Slices Cantaloupe	Beet	Cow's Milk Egg Sesame Soy Tree Nut (Walnut)
66	Banana Zucchini Pancake Peanut Drizzle Blackberry Two Ways	Crumbled Lamb with Ricotta Cheese Yellow Squash Spears	None	Cow's Milk Egg Peanut Wheat
67	Banana Wheat Farina with Ground Walnut Peach or Nectarine Half with Sesame Seeds	Pesto Pasta Fresh Mozzarella Strips	Mozzarella Basil	Cow's Milk Sesame Tree Nut (Walnut) Wheat
68	Pumpkin Walnut Pancake Pumpkin Seed Butter Drizzle	Avocado Egg Salad Peach or Nectarine Half with Ground Walnut Grapefruit Wedges	Grapefruit	Egg Tree Nut (Walnut) Wheat
69	Peanut Butter Yogurt Banana Spears with Ground Walnut	Cod Cake Sauteed Spinach Grapefruit Wedges	None	Cow's Milk Egg Fish Peanut Tree Nut (Walnut) Wheat
70	Spinach Goat Cheese Omelet Strips Sauteed Spinach	Turkey Burger with Applesauce Kidney Beans	Kidney Beans Turkey	Egg Goat's Milk

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
71	Mango Sesame Tahini Yogurt Kiwi Quarters	Peanut Tofu Strips Broccoli Florets with Sesame Seeds	Kiwi	Cow's Milk Peanut Sesame Soy
72	Strawberry Oatmeal with Ground Walnut Quartered Strawberry	Masoor Dal (Red Lentils) Sweet Potato Wedges	None	Tree Nut (Walnut)
73	Blueberry Oatmeal with Ground Almond Smashed Blueberries	Turkey Burger with Applesauce Cauliflower Mash	Almond	Tree Nut (Almond)
74	Spinach Goat Cheese Omelet Strips Almond Spears with Ground Almond	Sardine Fillet Mashed Sweet Potato with Almond Butter Tomato Wedges	None	Egg Fish Goat's Milk Tree Nut (Almond)
75	Pumpkin Walnut Pancake Almond Butter Drizzle Stewed Pear	Chicken Breast Two Ways Polenta (Corn Grits) with Ground Almond	Pear	Cow's Milk Tree Nut (Almond) Tree Nut (Walnut) Wheat
76	Avocado Toast Mango Spears with Ground Almond	Mushroom Sesame Tofu Peanut Butter "Paint"	Mushroom	Peanut Sesame Soy Tree Nut (Walnut) Wheat
77	Broccoli Goat Cheese Omelet Strips Tomato Wedges	Trout Polenta (Corn Grits) Steamed Green Beans	Green Beans Trout	Cow's Milk Goat's Milk Egg Fish
78	Coconut Raspberry Quinoa with Ground Walnut	Carrot Pinto Bean Mash Peanut Chicken Strips	Pinto Beans	Peanut Tree Nut (Walnut)
79	Scrambled Eggs with Sesame Seeds Sauteed Collard Greens	Sesame Shredded Chicken Masoor Dal (Red Lentils)	None	Cow's Milk Egg Sesame
80	Coconut Raspberry Quinoa with Cashew Grated Apple	Chickpea Pasta with Cashew Cream Lemony Cauliflower Florets	Cashew	Tree Nut (Cashew) Tree Nut (Walnut)
81	Cashew Butter Yogurt Almond Banana Spears	Cashew Chicken Strips Edamame (Fresh Soybeans) Acorn Squash Two Ways	None	Cow's Milk Tree Nut (Almond) Tree Nut (Cashew) Soy
82	Coconut Quinoa Stewed Apple with Ground Pistachio	Turkey Burger with Applesauce Pistachio Dip Sauteed Kale	Pistachio	Tree Nut (Pistachio)

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
83	Tofu Omelet Strips Strawberry Pistachio Mash	Chicken Liver Two Ways Roasted Beet Wedges	None	Egg Sesame Soy Tree Nut (Pistachio) Tree Nut (Walnut)
84	Banana Sunflower Seed Mash Banana Spears with Ground Almond Almond Butter "Paint"	Peanut Tofu Strips Beets Two Ways	Sunflower Seed Butter	Peanut Soy Tree Nut (Almond) Tree Nut (Pistachio)
85	Pumpkin Walnut Pancake Pumpkin Seed Butter Drizzle Stewed Apple	Chickpea Pasta with Cashew Cream Sauteed Spinach	None	Tree Nut (Cashew) Tree Nut (Walnut) Wheat
86	Stewed Pear with Ground Hazelnut Sunflower Seed Butter "Paint"	Coconut Quinoa with Ground Hazelnut Sweet Potato Wedges	Hazelnut	Tree Nut (Hazelnut)
87	Banana Chia Seed Pudding with Ground Hazelnut Grated Apple Cashew Butter "Paint"	Orange Couscous with Ground Pistachio Sauteed Spinach with Sesame Seeds	Couscous	Peanut Sesame Tree Nut (Cashew) Tree Nut (Hazelnut) Tree Nut (Pistachio) Wheat
88	Egg Tofu Scramble with Sesame Seeds Avocado Spears with Ground Almond	Trout Rutabaga Wedges Tomato Wedges	None	Egg Fish Sesame Soy Tree Nut (Almond)
89	Orange Couscous Blueberry Ricotta Cheese with Ground Walnut Smashed Blueberries	Mejadra (Spiced Lentils and Rice) Rutabaga Mash with Ground Cashew	Rice	Cow's Milk Tree Nut (Cashew) Tree Nut (Walnut) Wheat
90	Pumpkin Seed Butter Yogurt Sliced Cantaloupe with Ground Hazelnut Peanut Butter "Paint"	Mushroom Ramen Peanut Tofu Orange Wedges	None	Cow's Milk Peanut Sesame Soy Tree Nut (Hazelnut) Wheat
91	Hard-Boiled Eggs Two Ways Raspberry Toast with Ground Pistachio	Spaghetti Squash Sesame Tahini Yogurt Dip Kidney Beans	Spaghetti Squash	Cow's Milk Egg Sesame Tree Nut (Pistachio) Tree Nut (Hazelnut) Wheat

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
92	Egg Salad Mashed Garden Peas Tomato Wedges	Pesto Spaghetti Squash Lemony Cauliflower Florets	Garden Peas	Cow's Milk Egg Sesame Tree Nut (Walnut)
93	Blueberry Ricotta Bowl with Ground Cashew Almond Butter "Paint"	Salmon Salad Pesto Toast Strips	None	Cow's Milk Fish Tree Nut (Almond) Tree Nut (Cashew) Tree Nut (Walnut) Wheat
94	Broccoli Tofu Omelet Strips Kidney Beans	Turkey Burger with Applesauce Pistachio Dip Spaghetti Squash with Ground Peanut	None	Egg Peanut Soy Tree Nut (Pistachio)
95	Blueberry Oatmeal with Ground Pecan Smashed Blueberries	Lemony Pasta with Ground Pecan Tomato Wedges	Pecan	Tree Nut (Pecan)
96	Purple Pecan Oatmeal Balls Banana Spears with Ground Pecan	Parsnip Two Ways Kidney Beans Tomato Wedges	Parsnip	Cow's Milk Tree Nut (Hazelnut) Tree Nut (Pecan)
97	Broccoli Tofu Omelet Strips Avocado Black Bean Mash with Sesame Seeds Cashew Butter "Paint"	Pork Spare Rib Polenta (Corn Grits) with Ground Peanut	None	Cow's Milk Egg Peanut Sesame Soy Tree Nut (Cashew)
98	Apple Cinnamon Oatmeal Stewed Apple with Ground Hazelnut	Almond Fish Sticks Sesame Tahini Yogurt Dip	None	Cow's Milk Egg Fish Sesame Tree Nut (Almond) Tree Nut (Hazelnut) Wheat
99	Sesame Egg and Tofu Scramble Mango Spears with Ground Peanut	Mashed Carrots with Ground Pistachio Sauteed Kale Orange Wedges	None	Egg Peanut Sesame Soy Tree Nut (Pistachio)
100	Pineapple Coconut Quinoa Banana Spears with Ground Pecan	Lamb Chop Muhammara (Bell Pepper Walnut Dip)	None	Tree Nut (Pecan) Tree Nut (Walnut) Wheat

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
1	Oatmeal	Mashed Sweet Potato Avocado Half	Oats Avocado Sweet Potato	None

Meal 1: Oatmeal

Yield: 1 cup (1 child-sized serving)

Time: 20 minutes

½ cup dry instant oats or oatmeal

1 cup water

Prepare the Oatmeal: Place the instant oats or oatmeal in a baby bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened and cooled to room temperature, about 10 minutes.

To Serve: Place the bowl and a baby spoon in front of baby. Let baby self-feed by scooping with hands or picking up the spoon and food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked oatmeal keeps in an air-tight container in the fridge for 1 week.

Tip: If you are spoon-feeding, hold the utensil a couple of inches away from baby's mouth to encourage the child to reach for the spoon. Once baby has grabbed the spoon with their mouth, let go.

Meal 2: Mashed Sweet Potato + Avocado Half

Yield: 1 cup each potato + avocado (1-2 child-sized servings)

Time: 30 minutes

1 medium sweet potato

1 ripe avocado

Prepare the potato. Bring a pot of water to a boil. Peel the potato skin, then cut the flesh into chunks. Place the potato in the boiling water, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest chunk, about 15 minutes. Drain. Mash the potato in a mixing bowl until smooth, adding a splash of water to loosen the mixture as needed. A little texture is okay as long as there are no large clumps. Cool to room temperature.

Prepare the avocado. Cut the avocado lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Store the other half for a future meal—or snack on it as baby eats.

To Serve: Scoop some potato into a baby bowl. Exact serving size is variable. Let a baby's appetite determine how much is eaten. Place the bowl, the avocado half, and a baby spoon in front of baby. Let baby self-feed by scooping with hands and trying to pick up the avocado half. If baby needs help, pass a pre-loaded spoon or the avocado half in the air for baby to grab.

To Store: Cooked potato keeps in an air-tight container in the fridge for 3 days. Cut avocado keeps in its peel in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
2	Oatmeal Two Ways Stewed Apple	Cannellini Bean Mash Broccoli Florets	Apple Cannellini Bean Broccoli	None

Meal 1: Oatmeal Two Ways + Stewed Apple

Yield: 1 cup each oatmeal + apple (1 child-sized serving)

Time: 30 minutes

1 cup leftover oatmeal
1 apple

Prepare the apple. Wash, peel, and halve the fruit. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat, cover, and cook until soft, about 10 minutes. Remove the apple halves from liquid. Cool to room temperature.

Prepare the oatmeal. Grab leftover oatmeal from the fridge and scoop into a baby bowl. If you've run out, or if you're concerned that you don't have enough for baby's meal, use the [recipe on Day 1](#) to prepare a fresh batch. Scoop half of the cooled oatmeal into the palm of your hand and roll it into a ball. Mash 1 stewed apple half and stir into the remaining oatmeal.

To Serve: Place the bowl, the oatmeal ball, the remaining stewed apple half, and a baby spoon in front of baby. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a pre-loaded spoon or a piece of food in the air for baby to grab.

To Store: Stewed apple keeps in an air-tight container in the fridge for 1 week.

Tip: Stir a splash of breast milk or formula into leftover oatmeal to add nutrition and a familiar flavor for baby. Just take care to store any leftovers according to the guidelines for the stage the breast milk is at (thawed, fresh, etc.) and toss any leftovers that formula was added to.

Meal 2: Cannellini Bean Mash + Broccoli Florets

Yield: 1 cup each bean mash + florets (1-2 child-sized servings)

Time: 30 minutes

$\frac{3}{4}$ cup cooked cannellini beans (ideally from a BPA-free can)
 $\frac{1}{4}$ cup water
1 cup fresh or frozen broccoli florets

Prepare the mash. Rinse the beans to remove excess sodium. Mash and mix the beans with the water until mostly smooth, adding liquid to loosen the mixture as needed. A little texture is okay as long as there are no clumps or whole beans.

Prepare the broccoli. Wash the florets. Place the florets in a steamer basket in a small pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature.

To Serve: Scoop some bean mash into a baby bowl and lay a few florets on top. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or an omelet strip in the air for baby to grab.

To Store: Cannellini bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days. Cooked broccoli florets keep in air-tight containers in the fridge for 1 week.

Tip: Stick a broccoli floret upside-down in the dip and encourage baby to grab the stalk—this way the soft floret will go to the mouth first.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
3	Banana Quinoa Porridge Stewed Apple	Chicken Drumstick Mashed Sweet Potato	Quinoa Chicken Banana	None

Meal 1: Banana Quinoa Porridge + Stewed Apple

Yield: 2 cups porridge (2-4 child-sized servings)

Time: 45 minutes

⅓ cup dry quinoa
 1 cup water
 1 banana
 1 leftover stewed apple half

Prepare the quinoa. Rinse the quinoa. Bring the quinoa and water to a boil, then turn the heat to medium-low. Cook until the quinoa is tender and has absorbed most of the liquid, between 20 and 25 minutes. Remove from the heat. Uncover and fluff the quinoa with a fork.

Prepare the banana. Peel and discard the banana skin. Mash the banana flesh, then stir into the cooked quinoa. Cool to room temperature.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl, a baby spoon, and the stewed apple half in front of baby. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a pre-loaded spoon or the apple in the air for baby to grab.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for up to 3 days or in the freezer for up to 2 months.

Meal 2: Chicken Drumstick + Mashed Sweet Potato

Yield: ½ cup potato (1 child-sized serving)

Time: 1 hour

1 fresh or frozen chicken drumstick
 ½ cup leftover mashed sweet potato

Prepare the drumstick. Note that this method can be easily scaled up to cook multiple drumsticks if you'd like to cook a batch for future meals. Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius. Line a sheet tray with parchment paper. Place the drumstick on the tray. Bake for 30 minutes, then flip the drumstick and continue to bake until it is golden and no pink meat remains, about 30 minutes more. Check that the drumstick's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the drumstick from the oven. Remove the skin and any loose cartilage. Cool to room temperature.

Prepare the potato. If you've run out of leftover sweet potato, use the [recipe on Day 1](#) to prepare a fresh batch.

To Serve: Scoop the potato into a baby bowl and lay the drumstick and a baby spoon on the side. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a pre-loaded spoon or the drumstick in the air for baby to grab.

To Store: Cooked sweet potato keeps in an air-tight container in the fridge for up to 3 days.

Tip: Babies tend to suck and gnaw on meat because they are still learning to bite. If a too-large piece breaks off while munching, stay calm and give baby a chance to work it out independently. You can coach baby to spit it out by sticking out your tongue or putting your hand below their chin and gently leaning them forward.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
4	Avocado Half Banana Spears	Steak Strips Zucchini Spears	Zucchini Olive Oil Beef	None

Meal 1: Avocado Half + Banana Spears

Yield: ½ cup each avocado + banana (1 child-sized serving)

Time: 10 minutes

1 ripe avocado or 1 leftover avocado half

1 ripe banana or 1 leftover banana half

Prepare the avocado. Grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Store the other half for a future meal—or snack on it as baby eats.

Prepare the spears. Grab the leftover banana half from the fridge. If you are starting fresh with a whole banana, cut in half crosswise, then peel one half and store the other for a future meal—or snack on it as baby eats. Cut the peeled banana half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears.

To Serve: Place the avocado and banana spears in front of baby. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cut banana and avocado keep in their peels in the fridge for up to 3 days. No need to wrap in plastic or store in containers!

Tip: Got a rock-hard avocado? Place in a brown paper bag with a banana to speed up the ripening. A banana produces natural gas as it ripens, which helps soften nearby fruits and veggies.

Meal 2: Steak Strips + Zucchini Spears

Yield: 4-6 ounces steak + 1 cup zucchini (2-3 child-sized servings)

Time: 30 minutes

1 small zucchini

2 tablespoons olive oil, separated

1 small steak (4-6 ounces)

Prepare the zucchini. Preheat the oven to 375 degrees Fahrenheit / 190 degrees Celsius. Line a sheet tray with parchment paper. Wash the zucchini. Cut away and discard its stem ends. Halve lengthwise and cut into spears. Coat with 1 tablespoon of oil. Evenly space on the tray. Bake for 10 minutes, then flip the spears and continue to bake until soft, about 10 minutes more. Remove from the oven. Cool to room temperature.

Prepare the steak. Place a skillet on medium-high heat. When the pan is very hot, pour in the remaining 1 tablespoon of oil. As soon as it shimmers, lay the steak in the pan. Cook until the bottom is browned, about 6 minutes. Flip the steak, cover the skillet, and continue to cook until the other side has browned, about 4 minutes more. Check that the steak's internal temperature has reached 160 degrees Fahrenheit / 70 degrees Celsius. Remove the steak from the pan. Cool to room temperature. Cut off excess fat and slice the meat into strips about the size of two adult fingers pressed together.

To Serve: Lay 2 to 3 steak strips and zucchini spears in front of baby. Exact serving size is variable. Let baby's appetite determine how much is eaten. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cooked zucchini keeps in air-tight container in the fridge for 5 days. Cooked steak keeps in an air-tight container for 4 days.

Tip: Got a bone-in steak? Offer the bone to baby after the meat has been sliced off and any excess gristle, fat, and sharp shards of bone have been removed. Babies enjoy holding larger shapes—and they glean a surprising amount of nutrition just by sucking and gnawing on meat bones.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
5	Mango Oatmeal Mango Pit	Chicken Liver Two Ways Polenta (Corn Grits)	Mango Chicken Liver Corn	None

Meal 1: Mango Oatmeal + Mango Pit

Yield: 1 ½ cups oatmeal + 1 cup mango (1-2 child-sized servings)

Time: 30 minutes

1 ripe mango
½ cup dry instant oats or oatmeal
1 cup water

Prepare the mango: Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Cut 1 mango half into spears and store the other half for a future meal—or snack on it as baby eats. Don't toss the mango pit—it's a great shape for baby to hold and it offers plenty of fruit for baby to munch.

Prepare the oatmeal. Place the instant oats or oatmeal in a baby bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Mash 1 or 2 mango spears, then stir the mashed fruit into the oatmeal. Cool to room temperature.

To Serve: Scoop some oatmeal into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl, the mango pit and spears, and a baby spoon in front of baby. Let baby self-feed by scooping with hands and trying to pick up the fruit. If baby needs help, pass a pre-loaded spoon or a piece of fruit in the air for baby to grab.

To Store: Mango oatmeal keeps in an air-tight container in the fridge for 1 week. Cut mango keeps when sealed in the fridge for 4 days.

Tip: Watch out for flying mango! As babies grab slippery mango pits and spears, the fruit may shoot out of their hands. You can add grip by rolling in hemp seeds, chia seeds, or infant cereal.

Meal 2: Chicken Liver Two Ways + Polenta (Corn Grits)

Yield: 1 cup liver (16 child-sized servings) + 2 cups polenta (2 child-sized servings)

Time: 45 minutes

4 fresh or frozen chicken livers
2-3 baby crackers or teething rusks
4 cups water or unsalted chicken stock (ideally BPA-free if canned), separated
½ cup dry instant polenta (corn grits)

Prepare the chicken liver. Defrost the meat. Cut off any connective tissue. Bring 2 cups water or stock to a boil. Add the meat, then turn the heat to medium-low. Cook until firm and no pink remains, about 7 minutes. Check that the internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the meat from the liquid.

Prepare the chicken liver pâté and strips. Slice 1 liver into strips and set aside. Mash and mix the remaining 3 livers and ½ cup water or stock until smooth, adding more liquid to loosen the mixture as needed. It should be smooth and spreadable. Spread 1 tablespoon onto the crackers or rusks.

Prepare the polenta. Bring the remaining 2 cups of water or stock to a boil. Turn the heat to low then slowly whisk in the polenta. Cook uncovered and stirring frequently for 5 minutes, then turn off the heat and cover. Let stand until thick, about 5 minutes. Uncover and cool to room temperature.

To Serve: Scoop some polenta into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in a baby spoon and lay the strips and the crackers or rusks on the side. Let baby self-feed by scooping with hands and trying to pick up the food.

To Store: Chicken liver pâté and cooked polenta keep in air-tight containers in the fridge for 3 days or in the freezer for 2 months.

Tip: Store leftover chicken liver pâté in an ice cube tray with a cover for fast access to child-sized servings during future meals.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
6	Strawberry Oatmeal Strawberry	Strips of Polenta (Corn Grits) Cauliflower Florets	Strawberry Cauliflower	None

Meal 1: Strawberry Oatmeal + Strawberry

Yield: 1 ½ cups (1-2 child-sized servings)

Time: 15 minutes

6 fresh large ripe strawberries
½ cup dry instant oats or oatmeal
1 cup water

Prepare the berries. Wash and dry the strawberries. Remove the stems. Set the largest strawberry aside to serve whole. Mash the remaining berries.

Prepare the oatmeal. Place the instant oats or oatmeal in a baby bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Stir in the mashed berries. Cool to room temperature.

To Serve: Scoop some strawberry oatmeal into a baby bowl. Exact serving size is variable. Place the bowl, the whole strawberry, and a baby spoon in front of baby. Encourage self-feeding by letting baby try to scoop with hands and pick up the fruit. You can help by passing a pre-loaded spoon or the berry in the air for baby to grab.

To Store: Strawberry oatmeal keeps in an air-tight container in the fridge for up to 1 week.

Tip: Have leftover mango oatmeal? It works with this recipe. Just bring it back to room temperature, stir in a splash of warm water, and mix in the mashed strawberries. Done!

Meal 2: Strips of Polenta (Corn Grits) + Cauliflower Florets

Yield: 1 cup each polenta + florets (1-2 child-sized servings)

Time: 45 minutes

1 cup leftover polenta
1 cup fresh or frozen cauliflower florets

Prepare the polenta. Grab the leftover polenta from the fridge. If you've run out, use the [recipe on Day 5](#) to prepare a fresh batch. Cut the polenta into strips about the size of two adult fingers pressed together.

Prepare the cauliflower. Wash the florets. Place the florets in a steamer basket in a small pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature.

To Serve: Place the polenta strips and some florets in front of baby. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, the food in the air for baby to grab.

To Store: Cooked cauliflower keeps in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
7	Pumpkin Seed Butter Applesauce Strawberry	Black Bean Mash Avocado Half	Pumpkin Seed Black Beans Hemp Seed	None

Meal 1: Pumpkin Seed Butter Applesauce + Strawberry

Yield: 1 cup (1 child-sized serving)

Time: 10 minutes

6 fresh large ripe strawberries
2 tablespoons pumpkin seed butter
2 tablespoons no sugar added applesauce

Prepare the strawberries. Wash and dry the strawberries. Cut away and discard the stems. Set the largest berry aside to serve whole, then mash the remaining berries.

Prepare the applesauce. Open the jar of pumpkin seed butter and mix well to incorporate any oils that may have separated and risen to the top. Whisk the mashed strawberries, pumpkin seed butter, and applesauce in a baby bowl until smooth, adding more applesauce as needed to loosen the mixture. There should be no clumps of pumpkin seed butter.

To Serve: Place the bowl, the whole strawberry, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and pick up the berry. If baby needs help, pass a pre-loaded spoon or the berry in the air for baby to grab.

Tip: Have leftover oatmeal in the fridge? Jazz it up with pumpkin seed butter and applesauce! Just bring it back to room temperature and stir in the additions until no clumps remain. Done!

Meal 2: Black Bean Mash + Avocado Half

Yield: 1 cup each bean mash + avocado (1-2 child-sized servings)

Time: 15 minutes

1 ripe avocado
1 teaspoon hemp seeds
 $\frac{3}{4}$ cup cooked black beans (ideally from a BPA-free can)
 $\frac{1}{4}$ cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)

Prepare the avocado. Cut the avocado lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Roll in hemp seeds. Transfer the other half to a mixing bowl.

Prepare the mash. Rinse the beans to remove excess sodium. Mash and mix the beans, avocado half, and water or stock until mostly smooth, adding more liquid to loosen the mixture if necessary. A little texture is okay as long as there are no large clumps or whole beans.

To Serve: Scoop some mash into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in a baby spoon and the avocado half so that they are upright or laying against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by trying to scoop with hands and pick up the avocado half. If baby needs help, pass a pre-loaded spoon or the avocado half in the air for baby to grab.

To Store: Black bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days. Cut avocado keeps in its peel in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
8	Omelet Strips Stewed Apple	Steak Strips Zucchini Spears Black Bean Mash	Egg	Egg

Meal 1: Omelet Strips + Stewed Apple

Yield: 1 cup each omelet + apple (1-2 child-sized servings)

Time: 30 minutes

3 eggs
1 teaspoon olive oil
1 stewed apple half
1 teaspoon hemp seeds

Prepare the omelet. Whisk the eggs to combine the yolks and whites. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg mixture and turn the heat to low. Cover and cook until the eggs are firm and the edges have started to curl, about 5 minutes. Use a spatula to fold the omelet in half, then cook until the inside of the omelet is completely done, about 3 minutes more. Remove the omelet from the pan. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

Prepare the apple. Grab the leftover stewed apple from the fridge. If you've run out, use the [recipe on Day 2](#) to prepare a fresh batch. Roll in hemp seeds.

To Serve: Lay the stewed apple and a few omelet strips in front of baby. Exact serving size is variable. Let baby's appetite determine how much is eaten. Serve as finger food and encourage baby to self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. Stewed apple keeps in an air-tight container in the fridge for 1 week.

Meal 2: Steak Strips + Zucchini Spears + Black Bean Mash

Yield: ½ cup each steak and zucchini (1 child-sized serving)

Time: 15 minutes

3-4 pieces leftover steak strips or 1 leftover steak bone
3-4 leftover zucchini spears
¼ to ½ cup leftover black bean mash

Prepare the strips and spears. Grab the leftover steak and zucchini from the fridge. If you've run out, use the [recipe on Day 4](#) to prepare a fresh batch. Reheat and cool to room temperature if you like, or serve straight from the fridge!

Prepare the mash. Grab the leftover black bean mash from the fridge. If you've run out, use the [recipe on Day 7](#) to prepare a fresh batch. Stir in a splash of water to break up the mash if it is thick, adding more water to loosen the mixture as needed. There should be no clumps or whole beans.

To Serve: Scoop the mash into a baby bowl. Place the bowl in front of baby and lay the strips, spears, and a baby spoon on the side. Let baby self-feed by scooping with hands and trying to pick up and munch on the pieces of food. If baby needs help, pass a pre-loaded spoon or a piece of food in the air for baby to grab.

Tip: Got a bone-in steak? Offer the bone to baby after the meat has been sliced off and any excess gristle, fat, and sharp shards of bone have been removed. Babies enjoy holding larger shapes—and they glean a surprising amount of nutrition just by sucking and gnawing on meat bones.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
9	Egg Salad Stewed Apple	Chicken Drumstick Broccoli Florets	None	Egg

Meal 1: Egg Salad + Stewed Apple

Yield: ½ cup egg salad + 1 cup stewed apple (1-2 child-sized servings)

Time: 20 minutes

3 eggs
1 ripe avocado or 1 leftover avocado half
1 stewed apple half

Prepare the egg salad. Bring a pot of water to boil. Gently lower the eggs into the boiling water. Cover and cook for 10 minutes, then transfer the eggs to a bowl of ice water. Peel the eggs once they are cool to the touch. Discard the shells and place the eggs in a mixing bowl. Next, grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Mash and mix the avocado half with the hard-boiled egg until mostly smooth. A little texture is okay as long as there are no clumps of eggs. Store the other avocado half for a future meal—or snack on it as baby eats.

Prepare the apple. Grab the stewed apple from the fridge. If you've run out, use the [recipe on Day 2](#) to prepare a fresh batch.

To Serve: Scoop some egg salad into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl in front of baby and lay the stewed apple and a baby spoon on the side. Let baby self-feed by scooping with hands and trying to pick up the stewed apple. If baby needs help, pass a pre-loaded spoon or the apple in the air for baby to grab.

To Store: Egg salad keeps in an air-tight container in the fridge for 5 days.

Meal 2: Chicken Drumstick + Broccoli Florets

Yield: 1 cup florets (1-2 child-sized servings)

Time: 1 hour

1 fresh or frozen chicken drumstick
1 cup fresh or frozen broccoli florets

Prepare the drumstick. Note that this method can be easily scaled up to cook multiple drumsticks if you'd like to cook a batch for future meals. Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius. Line a sheet tray with parchment paper. Place the drumstick on the tray. Bake for 30 minutes, then flip the drumstick and continue to bake until it is golden and no pink meat remains, about 30 minutes more. Check that the drumstick's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the drumstick from the oven. Remove the skin and any loose cartilage. Cool to room temperature.

Prepare the broccoli. Wash the florets. Place the florets in a steamer basket in a small pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature.

To Serve: Lay the drumstick and some florets in a baby bowl. Exact serving size is variable. Let a baby's appetite determine how much is eaten. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cooked broccoli keep in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
10	Egg Salad Stewed Apple	Hard-Boiled Egg Cauliflower Florets Cannellini Bean Mash	None	Egg

Meal 1: Egg Salad + Stewed Apple

Yield: ½ cup egg salad + 1 cup stewed apple (1-2 child-sized servings)

Time: 15 minutes

½ cup leftover egg salad
1 apple

Prepare the egg salad. Grab the leftover egg salad from the fridge. If you've run out, use the [recipe on Day 9](#) to prepare a fresh batch.

Prepare the apple. Wash, peel, and halve the fruit. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat, cover, and cook until the apple is soft, about 10 minutes. Remove the apple halves from liquid. Cool to room temperature.

To Serve: Scoop the egg salad into a baby bowl. Place the bowl in front of baby and lay a baby spoon and 1 or 2 stewed apple halves on the side. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands and pick up the stewed apple. If baby needs help, pass a pre-loaded spoon or a stewed apple half in the air for baby to grab.

To Store: Egg salad keeps in an air-tight container in the fridge for 5 days. Stewed apple keeps in an air-tight container in the fridge for 1 week.

Tip: Stewed apple halves can be slippery! Roll the apple halves in hemp seeds, chia seeds, or infant rice cereal to add grip.

Meal 2: Hard-Boiled Egg + Cauliflower Florets + Cannellini Bean Mash

Yield: 1 cup each mash and florets (1-2 child-sized servings)

Time: 30 minutes

1 egg
1 cup fresh or frozen cauliflower florets
¾ cup cooked cannellini beans (ideally BPA-free if canned)
¼ cup water

Prepare the egg. Bring a pot of water to boil. Gently lower the egg into the boiling water. Cover and cook for 10 minutes, then transfer the egg to a bowl of ice water. Peel the egg once it is cool to the touch. Discard the shell. Mash the egg in a baby bowl until mostly smooth. A little texture is okay as long as there are no large clumps.

Prepare the cauliflower. Wash the florets. Place the florets in a steamer basket in a small pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature.

Prepare the mash. Rinse the beans to remove excess sodium. Mash and mix the beans with the water until mostly smooth, adding liquid to loosen the mixture as needed. A little texture is okay as long as there are no clumps or whole beans.

To Serve: Scoop the egg and bean mashes into a baby bowl and stick in a few florets and a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl in front of baby and encourage self-feeding by letting baby scoop with hands and try to pick up the florets. If baby needs help, pass a pre-loaded spoon or a floret in the air for baby to grab.

To Store: Cooked cauliflower florets keep in an air-tight container in the fridge for up to 1 week. Cannellini bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
11	Omelet Strips Banana Spears	Polenta (Corn Grits) Broccoli Florets	None	Egg

Meal 1: Omelet Strips + Banana Spears

Yield: ½ cup each omelet + banana (1 child-sized serving)

Time: 5 minutes

½ cup leftover omelet strips
1 ripe banana
1 teaspoon hemp seeds

Prepare the omelet. Grab the leftover omelet strips from the fridge. If you've run out, use the [recipe on Day 8](#) to prepare a fresh batch.

Prepare the spears. Cut the banana in half crosswise, then peel one half and store the other for a future meal or snack on it as baby eats. Cut the peeled half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in hemp seeds.

To Serve: Lay the banana half and the omelet strips in front of baby. Serve as finger food and let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cut banana keeps in its peel in the fridge for 3 days. No need to wrap in plastic or store in containers!

Tip: When in doubt, go big in size. At this age most babies can't pick up small pieces of food and will quickly tire of trying.

Meal 2: Polenta (Corn Grits) + Broccoli Florets

Yield: 2 cups polenta (2-4 child-sized servings)
+ 1 cup florets (1-2 child-sized servings)

Time: 30 minutes

½ cup dry instant polenta (corn grits)
2 cups water or unsalted meat or vegetable stock (ideally BPA-free if canned)
1 cup fresh or frozen broccoli florets

Prepare the polenta. Bring the water or stock to a boil. Turn the heat to low then slowly whisk in the polenta. Cook uncovered and stirring frequently for 5 minutes, then turn off the heat and cover. Let stand until thick, about 5 minutes. Uncover and cool to room temperature.

Prepare the broccoli. Wash the florets. Place the florets in a steamer basket in a small pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature.

To Serve: Scoop some polenta into a baby bowl and stick in a few florets and a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Encourage self-feeding by letting baby try to scoop with hands and pick up the florets. If baby needs help, pass a pre-loaded spoon or a floret in the air for baby to grab.

To Store: Cooked cauliflower florets keep in an air-tight container in the fridge for 1 week. Cooked polenta keeps in air-tight containers in the fridge for 3 days or in the freezer for 2 months.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
12	Banana Quinoa Porridge Stewed Apple	Broccoli Omelet Strips Mashed Sweet Potato	None	Egg

Meal 1: Banana Quinoa Porridge + Stewed Apple

Yield: 2 cups porridge (2-4 child-sized servings)

Time: 45 minutes

⅓ cup dry quinoa
 1 cup water
 1 banana
 1 leftover stewed apple half

Prepare the quinoa. Rinse the quinoa. Bring the quinoa and water to a boil, then turn the heat to medium-low. Cook until the quinoa is tender and has absorbed most of the liquid, between 20 and 25 minutes. Remove from the heat. Uncover and fluff the quinoa with a fork.

Prepare the banana. Peel and discard the banana skin. Mash the banana flesh, then stir into the cooked quinoa. Cool to room temperature.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl, a baby spoon, and the stewed apple half in front of baby. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a pre-loaded spoon or the apple in the air for baby to grab.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for up to 3 days or in the freezer for up to 2 months.

Meal 2: Broccoli Omelet + Mashed Sweet Potato

Yield: 1 cup each omelet + potato (1-2 child-sized servings)

Time: 30 minutes

1 medium sweet potato
 ¼ to ½ cup leftover cooked broccoli florets
 3 eggs
 1 teaspoon olive oil

Prepare the potato. Bring a pot of water to a boil. While the water heats up, peel the potato skin, then cut the flesh into chunks. Place the potato in the boiling water, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest chunk, about 15 minutes. Drain. Mash in a mixing bowl until smooth, adding a splash of water to loosen the mixture as needed. A little texture is okay as long as there are no large clumps. Cool to room temperature.

Prepare the omelet. Remove the leftover florets from the fridge. If you've run out, use the [recipe on Day 2](#) to prepare a fresh batch. Mince the florets. Whisk the eggs and florets. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg mixture and turn the heat to low. Cover and cook until the eggs are firm and the edges have started to curl, about 5 minutes. Use a spatula to fold the omelet in half, then cook until the omelet's inside is completely done, about 3 minutes more. Remove the omelet from the pan. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

To Serve: Scoop some potato into a baby bowl, lay a few omelet strips on top, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or an omelet strip in the air for baby to grab.

To Store: Cooked potato keeps in an air-tight container in the fridge for 3 days. Omelet strips keep in an air-tight container in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
13	Raspberry Oatmeal	Pork Spare Rib Cannellini Bean Mash	Raspberry Pork Tomato	None

Meal 1: Raspberry Oatmeal

Yield: 2 cups (2 child-sized servings)

Time: 15 minutes

½ cup dry instant oats or oatmeal
1 cup water
1 cup fresh or frozen raspberries

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Wash and dry the berries, then mash and mix into the oatmeal. Cool to room temperature.

To Serve: Scoop some raspberry oatmeal into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl and a baby spoon in front of baby. Encourage self-feeding by letting baby try to scoop with hands. You can help by passing a pre-loaded spoon in the air for baby to grab.

To Store: Raspberry oatmeal keeps in an air-tight container in the fridge for 1 week.

Tip: It's not too early to start introducing spices. Sprinkle a pinch of cinnamon, cardamom, or your favorite warm spice on the oatmeal to add a layer of flavor.

Meal 2: Pork Spare Rib + Cannellini Bean Mash

Yield: 2 ribs (1-2 child-sized servings)

+ 1 cup bean mash (1-2 child-sized servings)

Time: 2 ½ hours

½ pound pork spare ribs
2 cups diced tomatoes (ideally BPA-free if canned)
1 tablespoon tomato paste
¾ cup cooked cannellini beans (ideally from a BPA-free can)
¼ cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)

Prepare the ribs. Note that this recipe can be easily scaled up to prepare a meal for adults and older children to share with baby. Preheat the oven to 300 degrees Fahrenheit / 150 degrees Celsius. Dump the tomatoes into a shallow baking dish that is wide enough to hold the ribs. Whisk in the tomato paste. Place the ribs on top of the mixture. Tightly cover the dish. Cook until the meat is tender and pulling back from the ends of the bones, about 2 hours. Check that the internal temperature between the bones has reached at least 145 degrees Fahrenheit / 60 degrees Celsius. Remove the spare ribs from the oven, uncover, and cool to room temperature.

Prepare the beans. Rinse the beans to remove excess sodium. Mash and mix the beans with the water or stock until mostly smooth, adding more liquid to loosen the mixture as needed. A little texture is okay as long as there are no large clumps or whole beans.

To Serve: Scoop the bean mash into a baby bowl and lay a rib and a baby spoon on the side. Let baby self-feed by scooping with hands and picking up the rib. If baby needs help, pass a pre-loaded spoon or the rib in the air for baby to grab.

To Store: When sealed, an open can of beans keeps in the fridge for 4 days. Wrap leftover spare ribs and place in the fridge for tomorrow!

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
14	Banana Quinoa Porridge Stewed Apple and Yogurt	Pork Spare Rib Broccoli Florets with Yogurt Dip	Yogurt	Cow's Milk

Meal 1: Banana Quinoa Porridge + Stewed Apple and Yogurt

Yield: 1 cup each porridge + pear (1-2 child-sized servings)

Time: 20 minutes

1 apple
 ½ cup leftover banana quinoa porridge
 1 tablespoon Greek yogurt or unsweetened whole milk yogurt of choice

Prepare the apple. Wash, peel, and halve the fruit. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat, cover, and cook until the apple is soft, about 10 minutes. Remove the apple halves from the liquid.

Prepare the porridge. Grab the leftover banana quinoa porridge from the fridge. If you've run out, use the [recipe on Day 12](#) to prepare a fresh batch, then proceed. Mash and mix the porridge, 1 stewed apple half, and the yogurt in a baby bowl until smooth.

To Serve: Place the bowl, the remaining apple half, and a baby spoon in front of baby. Encourage self-feeding by letting baby try to scoop with hands and pick up the stewed apple half. You can help by passing a pre-loaded spoon or the apple half in the air for baby to grab.

Tip: Start early with seasonings! Stir a pinch of your spice into the porridge for an extra flavor boost and to introduce baby to your favorite flavors.

Meal 2: Pork Spare Rib + Broccoli Florets with Yogurt Dip

Yield: 1 cup florets (1-2 child-sized servings)

Time: 20 minutes

1 leftover pork spare rib
 1 cup fresh or frozen broccoli florets
 ½ cup Greek yogurt or unsweetened whole milk yogurt of choice

Prepare the ribs. Grab the leftover pork spare rib from the fridge. Unwrap and let come to room temperature.

Prepare the broccoli. Wash the florets and place them in a steamer basket in a small pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until the florets are soft, about 10 minutes. Remove from the heat. Cool to room temperature.

To Serve: Scoop the yogurt into a baby bowl and lay some florets on top. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl, the rib, and a baby spoon in front of baby. Serve as finger food and encourage self-feeding by letting baby scoop with hands and try to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab. Show baby how to dip by swiping the floret and rib in the yogurt and passing the food in the air for baby to grab.

To Store: Cooked broccoli florets keep in an air-tight container in the fridge for 1 week.

Tip: Season the yogurt with a pinch of your favorite ground spice to introduce a new taste!

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
15	Raspberry Oatmeal Avocado Half	Black Bean Mash Mashed Sweet Potato	None	Cow's Milk

Meal 1: Raspberry Oatmeal + Avocado Half

Yield: 1 cup oatmeal (1 child-sized serving)

Time: 10 minutes

½ cup leftover raspberry oatmeal
 ½ cup fresh or frozen raspberries
 1 tablespoon Greek yogurt or unsweetened whole milk yogurt of choice
 1 ripe avocado or 1 leftover avocado half
 1 teaspoon hemp seeds

Prepare the oatmeal. Grab the raspberry oatmeal from the fridge
 If you've run out, use the [recipe on Day 13](#) to prepare a fresh batch.

Prepare the berries. Wash the raspberries. Mash and mix the oatmeal, berries, and yogurt in a baby bowl until mostly smooth with no large clumps of berry.

Prepare the avocado. Grab a leftover avocado half from the fridge.
 If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Roll in hemp seeds. Store the other half for a future meal—or snack on it as baby eats.

To Serve: Place the bowl, the avocado half, and a baby spoon in front of baby. Encourage self-feeding by letting baby try to scoop with hands and pick up the avocado. You can help by passing a pre-loaded spoon or the avocado half in the air for baby to grab.

To Store: Cut avocado half keeps in its peel in the fridge for 3 days.

Tip: Got fresh raspberries that are perfectly ripe? Try offering a whole berry to baby. Juicy raspberries can present a lower choking risk because they are super soft, but if the shape makes you nervous, you can always halve or quarter them. Trust your instincts!

Meal 2: Black Bean Mash + Mashed Sweet Potato

Yield: 1 cup each bean mash + potato (1-2 child-sized servings)

Time: 30 minutes

1 medium sweet potato
 1 cup cooked black beans (ideally from a BPA-free can)
 ½ cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)

Prepare the potato. Bring a pot of water to a boil. Peel the potato skin, then cut the potato into chunks. Place the potato in the boiling water, then reduce the heat to medium-low. Cook until a knife easily inserts into the thickest part, about 15 minutes. Drain. Mash the potato until smooth. Cool to room temperature.

Prepare the mash. Rinse the beans to remove excess sodium. Mash and mix the beans with the water or stock until mostly smooth, adding more liquid to loosen the mixture if necessary. A little texture is okay as long as there are no large clumps or whole beans.

To Serve: Scoop some bean mash and mashed sweet potato into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl and a baby spoon in front of baby. Encourage self-feeding by letting baby scoop with hands. You can help by passing a pre-loaded spoon in the air for baby to grab.

To Store: Black bean mash keeps in an air-tight container in the fridge for 4 days. When sealed, an open can of beans keeps in the fridge for 4 days. Cooked sweet potato keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
16	Oatmeal Mango Spears	Cauliflower Mash Zucchini Spears	None	Cow's Milk

Meal 1: Oatmeal + Mango Spears

Yield: 1 cup each oatmeal + mango (1-2 child-sized servings)

Time: 15 minutes

½ cup dry instant oats or oatmeal
 ½ cup whole milk
 ½ cup water
 1 ripe mango or 1 leftover mango half
 1 teaspoon hemp seeds

Prepare the oatmeal. Place the instant oats or oatmeal in a baby bowl. Bring the milk and water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes.

Prepare the mango. Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Cut one half into spears. Roll in hemp seeds. Store the mango pit and a mango half for a future meal—or snack on it as baby eats.

To Serve: Place the bowl, the mango spears, and a baby spoon in front of baby. Let baby self-feed by scooping with hands and picking up the mango spears. If baby needs help, pass a pre-loaded spoon or a mango spear in the air for baby to grab.

To Store: Cooked oatmeal keeps in an air-tight container in the fridge for 1 week. Cut mango keeps when sealed in the fridge for 4 days.

Meal 2: Cauliflower Mash + Zucchini Spears

Yield: 1 cup each cauliflower + zucchini (1-2 child-sized servings)

Time: 30 minutes

1 cup fresh or frozen cauliflower florets
 2 tablespoons Greek yogurt or unsweetened whole milk yogurt of choice
 1 small zucchini
 1 tablespoon olive oil

Prepare the mash. Wash the florets. Place in a steamer basket in a pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Transfer to a mixing bowl. Mash and mix the cauliflower and yogurt until mostly smooth, adding more yogurt to loosen the mixture as needed. A little texture is okay as long as there are no large clumps.

Prepare the spears. Preheat the oven to 375 degrees Fahrenheit / 190 degrees Celsius. Line a sheet tray with parchment paper. Wash and dry zucchini. Cut off the stem ends. Halve the zucchini lengthwise then cut into spears. Coat with the oil. Evenly space on the sheet tray. Bake for 10 minutes, then flip the spears and continue to bake until soft and a knife easily pierces the thickest spear, about 10 minutes more. Remove from the oven. Cool to room temperature.

To Serve: Scoop some cauliflower mash into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in 3 to 4 zucchini spears and a baby spoon so that they stand upright or lean against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by scooping with hands and trying to pick up the spears. If baby needs help, pass a pre-loaded spoon or a spear in the air for baby to grab.

To Store: Cauliflower mash and cooked zucchini spears keep in air-tight containers in the fridge for 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
17	Ricotta Cheese Banana and Mango Spears	Chicken Liver Two Ways Polenta (Corn Grits)	Ricotta Cheese	Cow's Milk

Meal 1: Ricotta Cheese + Banana and Mango Spears

Yield: ½ cup cheese + 1 cup fruit (1 child-sized serving)

Time: 5 minutes

1 ripe banana or 1 leftover banana half
1 ripe mango or 1 leftover mango half
½ cup fresh whole milk ricotta cheese

Prepare the banana. Grab the banana half from the fridge, or start fresh by cutting a whole banana in half crosswise, then peeling one half and storing the other for a future meal. Cut the peeled banana half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears.

Prepare the mango. Grab the leftover mango half from the fridge and cut into spears, or cut into a fresh mango if you've run out of leftovers. Reserve the pit for another day—it's a great shape for babies to hold and munch.

To Serve: Scoop the ricotta cheese into a baby bowl and stick in the banana spears, mango spears, and a baby spoon. Let baby self-feed by scooping with hands and trying to pick up the spears. If baby needs help, pass a pre-loaded spoon or a spear in the air for baby to grab.

To Store: Cut mango keeps when sealed in the fridge for 4 days. Cut banana keeps in its peel in the fridge for 3 days.

Tip: Keep introducing those spices! Sprinkle a pinch of your favorite spice on the ricotta cheese and stir to meld the flavors.

Meal 2: Chicken Liver Two Ways + Polenta (Corn Grits)

Yield: 2 cups polenta (2-4 child-sized servings)

Time: 45 minutes

1 tablespoon leftover chicken liver pâté
1 fresh or frozen chicken liver
4 cups water, separated
½ cup dry instant polenta (corn grits)
1 tablespoon unsalted butter
2-3 baby crackers or teething rusks

Prepare the chicken liver pâté. Defrost the chicken liver pâté. If you've run out, use the [recipe on Day 5](#) to prepare a fresh batch. If the leftover pâté is thick, whisk in 1 tablespoon of water until smooth, adding more liquid to loosen the mixture as needed. It should be smooth and spreadable. Spread the pâté on the crackers or rusks.

Prepare the chicken liver. Defrost the meat. Cut off any connective tissue. Bring 2 cups of water to a boil, then add the liver and turn the heat to medium-low. Cook until firm and no pink remains, about 7 minutes. Check that the internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the liver from the liquid. Slice into strips. Cool to room temperature.

Prepare the polenta. Bring the remaining 2 cups of water to a boil. Turn the heat to low then slowly whisk in the polenta. Cook uncovered and stirring frequently for 5 minutes, then turn off the heat, stir in the butter, and cover. Let stand until creamy and thick, about 5 minutes. Uncover and cool to room temperature.

To Serve: Scoop some polenta into a baby bowl. Exact serving size is variable; let a baby's appetite determine how much is eaten. Place the bowl, the liver strips, the crackers or rusks, and a baby spoon in front of baby. Let baby self-feed by scooping with hands and trying to pick up the food.

To Store: Cooked polenta keeps in an air-tight container in the fridge for 3 days or in the freezer for 2 months.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
18	Quinoa with Mascarpone and Prune	Zucchini Spears Pumpkin Seed Butter Yogurt Dip	Mascarpone Prune	Cow's Milk

Meal 1: Quinoa with Mascarpone and Prune

Yield: 1 cup (1-2 child-sized servings)

Time: 45 minutes

½ cup dry quinoa
 1 cup water
 2 tablespoons mascarpone cheese
 1 prune pouch

Prepare the quinoa. Rinse the quinoa. Bring the quinoa and water to a boil, then turn the heat to medium-low. Cook until the quinoa is tender and has absorbed most of the liquid, between 20 and 25 minutes. Remove from the heat. Uncover and fluff the quinoa with a fork. Let the quinoa cool for 5 minutes, then stir in the mascarpone cheese and prune purée until thoroughly combined with no clumps of cheese. Cool to room temperature.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl and a baby spoon in front of baby. Let baby self-feed by scooping with hands. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for up to 3 days or in the freezer for up to 2 months.

Tip: Keep introducing those spices! Sprinkle a pinch of your favorite spice on the porridge and stir to meld the flavors.

Meal 2: Zucchini Spears + Pumpkin Seed Butter Yogurt Dip

Yield: ½ cup each zucchini and dip (1 child-sized serving)

Time: 5 minutes

3-4 leftover zucchini spears
 2 tablespoons pumpkin seed butter
 ½ cup Greek yogurt or unsweetened whole milk yogurt of choice

Prepare the zucchini. Grab the leftover zucchini spears from the fridge. If you've run out, use the [recipe on Day 16](#) to prepare a fresh batch.

Prepare the dip. Open the jar of pumpkin seed butter and mix well to incorporate any oils that may have separated and risen to the top. Whisk the pumpkin seed butter and yogurt until smooth, adding more yogurt as needed to loosen the mixture. There should be no clumps of pumpkin seed butter.

To Serve: Scoop the pumpkin seed butter yogurt dip into a baby bowl and stick in the zucchini spears and a baby spoon. Let baby self-feed by scooping with hands and trying to pick up the spears. If baby needs help, pass a pre-loaded spoon or a spear in the air for baby to grab. Show baby how to dip by swiping a spear then passing it in the air for baby to grab.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
19	Omelet Strips Spinach Two Ways	Black Bean Mash Broccoli Florets	Spinach Garlic Onion Lemon	Cow's Milk Egg

Meal 1: Omelet Strips + Spinach Two Ways

Yield: 1 cup (1-2 child-sized servings)

Time: 30 minutes

1 cup packed fresh or frozen spinach
1 garlic clove
1 small onion
1 teaspoon olive oil
3 eggs
1 tablespoon unsalted butter

Prepare the spinach. Defrost, wash, and dry the spinach. Peel and mince the garlic and onion. Warm the oil in a small skillet set on medium heat. When it shimmers, add the garlic and onion and stir to coat. Cook until fragrant and soft, about 5 minutes, then add spinach and stir to coat. Cook until wilted, about 3 minutes more. Transfer the mixture to a cutting board. Mince half the spinach, and chop the remaining half.

Prepare the omelet. Whisk the eggs and minced spinach. Melt the butter in a non-stick skillet set on medium heat. Pour in the egg mixture as soon as it stops foaming. Turn the heat to low and cover. Cook until the eggs are firm and the edges have started to curl, about 5 minutes. Use a spatula to fold the omelet in half, then cook until the inside of the omelet is completely done, about 3 minutes more. Remove the omelet from the pan. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

To Serve: Scoop the remaining sauteed spinach into a baby bowl, lay a few omelet strips on top, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or an omelet strip in the air for baby to grab.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Meal 2: Black Bean Mash + Broccoli Florets

Yield: 1 cup each mash + florets (1-2 child-sized servings)

Time: 30 minutes

1 cup leftover black bean mash
1 cup fresh or frozen broccoli florets
1 lemon slice

Prepare the mash. Grab the leftover black bean mash from the fridge. If you've run out, use the [recipe on Day 15](#) to prepare a fresh batch. Stir in a splash of water to break up the mash if it is thick, adding more liquid to loosen the mixture as needed. There should be no clumps or whole beans.

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Drizzle with the juice of the lemon, taking care to remove any fallen seeds. Cool to room temperature.

To Serve: Scoop the mash into a baby bowl, lay the florets on top, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by scooping with hands and trying to pick up the florets. If baby needs help, pass a pre-loaded spoon or a floret in the air for baby to grab.

To Store: Cooked broccoli keeps in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
20	Pumpkin Seed Butter Applesauce Stewed Apple	Sheet Pan Chicken Drumstick and Bell Pepper Cucumber Slices	Bell Pepper Cucumber	None

Meal 1: Pumpkin Seed Butter Applesauce + Stewed Apple

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

1 apple
1 tablespoon pumpkin seed butter

Prepare the apple. Wash, peel, and halve the fruit. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat, cover, and cook until the apple is soft, about 10 minutes. Remove the apple halves from liquid. Cool to room temperature.

Prepare the applesauce. While the apple is stewing, open the jar of pumpkin seed butter and mix well to incorporate any oils that may have separated and risen to the top. Measure the pumpkin seed butter into a baby bowl. Add 1 stewed apple half, then mash and mix until smooth. If necessary, add a splash of water to loosen the mixture.

To Serve: Place the bowl, the remaining stewed apple half, and a baby spoon in front of baby. Serve as finger food and let baby self-feed by trying to scoop with hands and pick up the apple half. If baby needs help, pass a pre-loaded spoon or the apple half in the air for baby to grab.

Tip: Got leftover oatmeal in the fridge? Jazz it up with the pumpkin seed butter applesauce! Just bring it back to room temperature and stir in the applesauce until no clumps remain. Done!

Meal 2: Sheet Pan Chicken Drumstick and Bell Pepper + Cucumber Slices

Yield: 1 cup each pepper and cucumber (1-2 child-sized servings)

Time: 1 hour

1 fresh or frozen chicken drumstick
1 bell pepper (any color)
1 teaspoon olive oil
1 small cucumber

Prepare the drumstick and pepper. Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius. Line a sheet tray with parchment paper. Wash the pepper. Remove any stem, seeds, and pith. Coat the drumstick and pepper with the oil. Evenly space on the tray. Bake for 30 minutes, then flip the drumstick and transfer the pepper to a baby plate. Continue to bake until the drumstick is golden and no pink remains, about 30 minutes more. Check that the drumstick's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the drumstick from the oven. Cool to room temperature. Remove the skin and any loose cartilage from the drumstick, and any loose skins from the pepper halves.

Prepare the cucumber. Wash the cucumber and cut into thin, wide, rectangular slices with the skin on or off. (Check out the [First Foods® Database](#) for age-specific cuts!)

To Serve: Lay the drumstick, the pepper halves, and 3 to 4 cucumber slices on the plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cut cucumber keeps in an air-tight container filled with water in the fridge for up to 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
21	Purple Oatmeal Smashed Blueberries	Egg Salad Sweet Potato Wedges	Blueberry	Cow's Milk Egg

Meal 1: Purple Oatmeal + Smashed Blueberries

Yield: 1 ½ cups (1-2 child-sized servings)

Time: 15 minutes

½ cup dry instant oats or oatmeal
 ½ cup whole milk
 ½ cup water
 ½ cup fresh or frozen blueberries

Prepare the berries. Wash the berries and remove any stems. Mash the berries. Make sure to break down the skins (they are super healthy!) but if any large pieces remain, pick them out to reduce the choking risk.

Prepare the oatmeal. Place the instant oats or oatmeal in a baby bowl. Bring the milk and water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Stir half of the mashed berries into the oatmeal. Scoop the remaining mashed berries on top.

To Serve: Place the plate and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands. You can help by passing a pre-loaded spoon in the air for baby to grab.

To Store: Cooked oatmeal keeps in air-tight containers in the fridge for 1 week.

Tip: Sprinkle a pinch of cinnamon, cardamom, or your favorite warm spice on the oatmeal to add a layer of flavor.

Meal 2: Egg Salad + Sweet Potato Wedges

Yield: 1 cup each egg salad + potato (1-2 child-sized servings)

Time: 45 minutes

1 medium sweet potato
 1 tablespoon olive oil
 3 eggs
 2 tablespoons Greek yogurt or unsweetened whole milk yogurt of choice
 1 pinch each garlic powder, onion powder, and sweet paprika (optional)

Prepare the potato. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Peel the potato skin, then cut the flesh into wedges. Coat with the oil. Evenly space on the tray. Roast for 15 minutes, then flip the wedges and continue to roast for 15 minutes more. Remove from the oven. Cool to room temperature.

Prepare the egg salad. Bring a pot of water to boil. Gently lower the eggs into the boiling water. Cover and cook for 10 minutes, then transfer the eggs to a bowl of ice water. Peel the eggs once they are cool to the touch. Discard the shells and place the eggs in a mixing bowl. Mash and mix the eggs, yogurt, and spice until mostly smooth with no large clumps.

To Serve: Scoop some egg salad onto a baby plate and lay some wedges on the side. Exact serving size varies. Let baby's appetite determine how much is eaten. Place the plate and a baby spoon in front of baby. Encourage baby to self-feed by trying to scoop with hands and trying to pick up the wedges. If baby needs help, pass a pre-loaded spoon or a wedge in the air for baby to grab.

To Store: Egg salad keeps in an air-tight container in the fridge for 5 days. Sweet potato wedges will last for less time: 3 days in an air-tight container in the fridge.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
22	Banana Peanut Butter Oatmeal	Peanut Butter Chicken Strips Cucumber Slices	Peanut Butter	Peanut

Meal 1: Banana Peanut Butter Oatmeal

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

½ cup dry instant oats or oatmeal
1 cup water
1 ripe banana
½ teaspoon smooth peanut butter

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Cut the banana in half crosswise, then peel one half and store the other for a future meal. Mash the peeled half. Stir the mashed banana and the peanut butter into the oatmeal until smooth, adding a splash of warm water to loosen the mixture as needed. There should be no clumps of peanut butter.

To Serve: Place the bowl and a baby spoon in front of baby. Encourage baby to self-feed by trying to scoop with hands. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked oatmeal keeps in an air-tight container in the fridge for 1 week. Cut banana keeps in its peel in the fridge for up to 3 days.

Meal 2: Peanut Butter Chicken Strips + Cucumber Slices

Yield: 1 cup each chicken + cucumber (1-2 child-sized servings)

Time: 45 minutes

1 fresh or frozen boneless, skinless chicken breast
1 tablespoon smooth peanut butter
1 tablespoon water
1 pinch garlic powder (optional)
1 lemon slice
3-4 leftover cucumber slices

Prepare the chicken. Defrost the meat. Place the meat in a skillet and cover with water. Bring to a boil, then turn the heat to medium-low. Cook until firm and no pink remains inside the breast, about 25 minutes. Check that the breast's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Transfer the breast to a cutting board. Cut into strips about the size of two adult fingers pressed together.

Prepare the peanut sauce. Whisk the peanut butter, water, the garlic powder, and the juice from the lemon, taking care to remove any fallen seeds. Toss the chicken strips in the peanut sauce. Cool to room temperature.

To Serve: Lay a few chicken strips and the cucumber slices on a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Peanut butter chicken breast keeps in an air-tight container in the fridge for 4 days or in the freezer for 1 month.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
23	Peanut Butter Yogurt Stewed Apple	Sheet Pan Cauliflower, Pepper, and Sweet Potato	None	Cow's Milk Peanut

Meal 1: Peanut Butter Yogurt + Stewed Apple

Yield: 1 cup yogurt + ½ cup apple (1 child-sized serving)

Time: 15 minutes

1 apple
½ cup Greek yogurt or unsweetened whole milk yogurt of choice
1 teaspoon smooth peanut butter

Prepare the apple. Wash, peel, and halve the fruit. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat, cover, and cook until the apple is soft, about 10 minutes. Remove the apple halves from liquid. Cool to room temperature.

Prepare the yogurt. Whisk the yogurt and peanut butter in a baby bowl until smooth, adding more yogurt to loosen the mixture as needed. There should be no clumps of peanut butter. Add 1 stewed apple half to the bowl, then mash and mix to combine.

To Serve: Place the bowl, the remaining stewed apple half, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and pick up the apple. If baby needs help, pass a pre-loaded spoon or the apple in the air for baby to grab.

To Store: Peanut butter yogurt and stewed apple keep in air-tight containers in the fridge for 1 week.

Tip: Stewed apple halves can be slippery for beginners! Add grip by rolling the apple in hemp seeds, chia seeds, or infant rice cereal before serving.

Meal 2: Sheet Pan Cauliflower, Pepper, and Sweet Potato

Yield: 1 cup each florets + pepper + potato (1-2 child-sized servings)

Time: 45 minutes

1 medium sweet potato or 3-4 leftover sweet potato wedges
1 cup fresh or frozen cauliflower florets
1 bell pepper
1 tablespoon olive oil
3 lemon slices

Prepare the veggies. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Next, grab the leftover sweet potato wedges from the fridge if you've got them and set them aside while you prepare the cauliflower and pepper. If you've run out of potato wedges, wash and peel the potato skin, then cut the flesh into wedges. Next, wash and dry the cauliflower florets and bell pepper. Slice the pepper in half lengthwise, then remove the stem, seeds, and pith. Coat the veggies with oil. Evenly space on the tray.

Cook the veggies. Roast for 15 minutes, then remove the tray from the oven. If you're using leftover potato wedges, place them on the sheet tray, leaving plenty of space between the veggies. Return the tray to the oven and roast for 15 minutes more. Remove the tray from the oven. Squeeze the juice from the lemon slices over the veggies, taking care to remove any fallen seeds. Cool to room temperature.

To Serve: Scoop some veggies onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby to self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
24	Banana Peanut Butter Quinoa Porridge	Spinach Omelet Strips Lemony Broccoli Florets	None	Cow's Milk Egg Peanut

Meal 1: Banana Peanut Butter Quinoa Porridge

Yield: 1 ½ cups (1-2 child-sized servings)

Time: 45 minutes

⅓ cup dry quinoa
 ½ cup water
 ½ cup whole milk
 1 banana
 1 tablespoon smooth peanut butter

Prepare the porridge. Rinse the quinoa. Bring the quinoa, water, and milk to a boil, then turn the heat to medium-low. Uncover and cook, stirring occasionally, until the grains are soft and most of the liquid has been absorbed, between 20 and 25 minutes. Turn off the heat. Cut the banana in half crosswise, then peel one half and store the other for a future meal. Mash the peeled half. Stir the mashed banana and the peanut butter into the porridge until smooth. There should be no clumps of peanut butter. Cool to room temperature.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for up to 3 days or in the freezer for up to 2 months. Cut banana keeps in its peel in the fridge for up to 1 day.

Tip: Keep introducing those spices! Add cinnamon, cardamom, nutmeg, or your favorite warm spice to the porridge for extra flavor.

Meal 2: Spinach Omelet Strips + Lemony Broccoli Florets

Yield: 1 cup florets (1-2 child-sized servings)

Time: 15 minutes

½ cup leftover spinach omelet strips
 1 cup fresh or frozen broccoli florets
 1 lemon slice
 1 teaspoon olive oil

Prepare the omelet. Grab the leftover omelet strips from the fridge. If you don't have a leftover omelet, use the [recipe on Day 19](#) to prepare a fresh one for today's meal.

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Drizzle with oil and the juice of the lemon, taking care to remove any fallen seeds. Cool to room temperature.

To Serve: Scoop the omelet strips and some florets into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cooked broccoli florets keep in an air-tight container in the fridge for up to 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
25	Peanut Butter Yogurt Mango Spears with Ground Peanut	Peanut Butter Chicken Strips Polenta (Corn Grits)	None	Cow's Milk Peanut

Meal 1: Peanut Butter Yogurt + Mango Spears with Ground Peanut

Yield: 1 cup each yogurt + mango (1-2 child-sized servings)

Time: 5 minutes

1 cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons smooth peanut butter
1 mango
1 teaspoon ground peanut

Prepare the yogurt. Whisk the yogurt and peanut butter in a baby bowl until smooth, add more yogurt to loosen the mixture as needed. There should be no clumps of peanut butter.

Prepare the mango. Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Cut one half into spears. Roll in ground peanut. Store the mango pit and a mango half for a future meal—or snack on it as baby eats.

To Serve: Stick the mango spears and a baby spoon in the bowl so that they stand upright or lean against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by scooping with hands and trying to pick up the spears. If baby needs help, pass a pre-loaded spoon or spear in the air for baby to grab.

To Store: Cut mango keeps when sealed in the fridge for 4 days.

Meal 2: Peanut Butter Chicken Strips + Polenta (Corn Grits)

Yield: 2 cups polenta (2-4 child-sized servings)

Time: 45 minutes

2-3 leftover peanut butter chicken strips
1 cup water
1 cup whole milk
½ cup dry instant polenta (corn grits)
1 tablespoon unsalted butter

Prepare the chicken. Grab the leftover chicken strips from the fridge. If you've run out, use a different leftover or make a hard-boiled egg to serve with this meal.

Prepare the polenta. Bring the water and milk to a boil. Turn the heat to low then slowly whisk in the polenta. Cook uncovered and stirring frequently for 5 minutes, then turn off the heat, stir in the butter, and cover. Let stand until creamy and thick, about 5 minutes. Uncover and cool to room temperature.

To Serve: Scoop some polenta into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay some chicken strips on top and stick in a baby spoon. Let baby self-feed by trying to pick up the food. If baby needs help, pass a pre-loaded spoon or a chicken strip in the air for baby to grab.

To Store: Cooked polenta keeps in air-tight containers in the fridge for up to 3 days or in the freezer for up to 2 months

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
26	Egg Salad Avocado Half with Ground Peanut	Black Bean Mash Lemony Broccoli Florets	None	Egg Peanut

Meal 1: Egg Salad + Avocado Half with Ground Peanut

Yield: ½ cup each egg salad + avocado (1 child-sized serving)

Time: 5 minutes

½ cup leftover egg salad
1 ripe avocado or 1 leftover avocado half
2 teaspoons ground peanut

Prepare the eggs. Grab the leftover egg salad from the fridge. If you're all out, use the [recipe on Day 21](#) to make a fresh batch.

Prepare the avocado. Grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Roll in ground peanut. Store the other half for a future meal—or snack on it as baby eats.

To Serve: Scoop the egg salad into a baby bowl and stick in a baby spoon and the avocado half so that they stand upright or lay against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a pre-loaded spoon or the avocado half in the air for baby to grab.

To Store: Egg salad keeps in an air-tight container for up to 5 days. Cut avocado keeps in its peel in the fridge for up to 3 days.

Meal 2: Black Bean Mash + Lemony Broccoli Florets

Yield: 1 cup each mash + florets (1-2 child-sized servings)

Time: 15 minutes

¾ cup cooked black beans (ideally BPA-free if canned)
¼ cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)
1 cup fresh or frozen broccoli florets
1 teaspoon olive oil
1 lemon slice

Prepare the mash. Rinse the beans to remove excess sodium. Mash and mix the beans and water or stock until mostly smooth, adding more liquid to loosen the mixture if necessary. A little texture is okay as long as there are no large clumps or whole beans.

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Drizzle the oil and the juice of the lemon slice, taking care to remove any seeds that fall on the florets. Cool to room temperature.

To Serve: Scoop the black bean mash into a baby bowl and stick in some florets and a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by scooping with hands and trying to pick up the florets. If baby needs help, pass a pre-loaded spoon or a floret in the air for baby to grab.

To Store: Cooked broccoli florets keep in an air-tight container in the fridge for up to 1 week. Black bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
27	Peanut Butter Ricotta Cheese Stewed Apple	Broccoli Omelet Strips Mashed Carrot	Carrot	Cow's Milk Egg Peanut

Meal 1: Peanut Butter Ricotta Cheese + Stewed Apple

Yield: 1 cup each cheese + pear (1-2 child-sized servings)

Time: 5 minutes

1 apple
1 cup fresh whole milk ricotta cheese
2 teaspoons smooth peanut butter

Prepare the apple. Wash, peel, and halve the apple. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat, cover, and cook until the apple is soft, about 10 minutes. Remove the apple halves from liquid. Cool to room temperature.

Prepare the cheese. Whisk the ricotta cheese and peanut butter in a baby bowl until smooth, adding more ricotta to loosen the mixture as needed. There should be no clumps of peanut butter.

To Serve: Stick a baby spoon in the bowl and nestle a stewed apple half on the side. Let baby self-feed by trying to scoop with hands and pick up the apple. If baby needs help, pass a pre-loaded spoon or the apple in the air for baby to grab.

To Store: Stewed apple keeps in an air-tight container in the fridge for 1 week.

Tip: Spice is nice! Add a cinnamon stick, clove, or star anise to the pot to flavor the apple as it stews, then discard before serving and reserve the stewing liquid for yourself. It makes excellent tea!

Meal 2: Broccoli Omelet Strips + Mashed Carrot

Yield: 1 cup each omelet + carrot (1-2 child-sized servings)

Time: 30 minutes

2 medium carrots
¼ to ½ cup leftover lemony broccoli florets
3 eggs
2 tablespoons whole milk
1 teaspoon olive oil

Prepare the carrots. Bring a pot of water to a boil. Peel the carrot skins, then cut the flesh into chunks. Place the carrot in the boiling water, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest chunk, about 15 minutes. Drain. Transfer the carrots to a mixing bowl. Mash until mostly smooth, adding a splash or two of warm water to loosen the mixture as needed. A little texture is okay as long as there are no large clumps. Cool to room temperature.

Prepare the omelet. Grab the leftover lemony broccoli florets from the fridge. If you've run out, use the [recipe on Day 26](#) to prepare a fresh batch. Mince the florets. Whisk the minced broccoli, eggs, and milk. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg mixture and turn the heat to low. Cover and cook until the eggs are firm and the edges have started to curl, about 5 minutes. Use a spatula to fold the omelet in half, then cook until the omelet's inside is completely done, about 3 minutes more. Remove the omelet from the skillet. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

To Serve: Scoop some mashed carrot into a baby bowl, lay some omelet strips on top, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or an omelet strip in the air for baby to grab.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. Cooked carrot keeps in an air-tight container for up to 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
28	Oatmeal Two Ways Stewed Apple	Avocado Two Ways Mashed Black Beans	None	Cow's Milk

Meal 1: Oatmeal Two Ways + Stewed Apple

Yield: 1 cup oatmeal (1 child-sized serving)

Time: 15 minutes

1 leftover stewed apple half
 ½ cup dry instant oats or oatmeal
 ½ cup whole milk
 ½ cup water

Prepare the apple. Grab the leftover stewed apple from the fridge. If you've run out, use the [recipe on Day 27](#) to prepare a fresh batch, then proceed.

Prepare the oatmeal. Place the instant oats or oatmeal in a baby bowl. Bring the milk and water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. When the oatmeal has reached room temperature, scoop half into the palm of your hand and roll it into a ball.

To Serve: Place the bowl of oatmeal, the oatmeal ball, and a stewed apple half in front of baby. Stick a baby spoon in the bowl, then let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or the apple in the air for baby to grab.

To Store: Oatmeal keeps in an air-tight container in the fridge for up to 1 week

Meal 2: Avocado Two Ways + Mashed Black Beans

Yield: 1 cup each bean + avocado (1-2 child-sized servings)

Time: 15 minutes

1 ripe avocado
 1 teaspoon hemp seeds
 1 cup cooked black beans (ideally from a BPA-free can)
 ¼ cup Greek yogurt or unsweetened whole milk yogurt of choice

Prepare avocado. Cut the avocado lengthwise around the pit. Gently twist the halves in opposite directions to separate them. Remove and discard the pit. Scoop the flesh and discard the skins. Roll one half in hemp seeds. Mash the other half in a mixing bowl.

Prepare the beans. Rinse the beans to remove excess sodium. Mash and mix the beans, avocado, and yogurt in the mixing bowl until mostly smooth, adding more yogurt to loosen the mixture as needed. A little texture is okay as long as there are no whole beans.

To Serve: Scoop some mashed black beans into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in the avocado half and a baby spoon so that they stand upright or lean against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by trying to scoop with hands and pick up the avocado half. If baby needs help, pass a pre-loaded spoon or the avocado half in the air for baby to grab.

To Store: Black bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
29	Banana Wheat Farina Porridge Mango Spears with Breadcrumbs	Chicken Liver Pâté on Toast Strawberries	Wheat Farina Bread	Wheat

Meal 1: Banana Wheat Farina Porridge + Mango Spears with Breadcrumbs

Yield: 2 cups porridge + 1 cup mango (2 child-sized servings)

Time: 10 minutes

1 cup water
¼ cup dry wheat farina
1 banana
1 ripe mango
1 teaspoons unsalted plain breadcrumbs

Prepare the porridge. Bring the water to a boil. Pour in the wheat farina, whisking to prevent lumps. Turn the heat to medium-low, and continue to cook, stirring occasionally, until the cereal has softened and thickened, about 3 minutes. Remove from the heat. Peel and mash the banana, then stir into the porridge until smooth.

Prepare the mango. Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Cut one half into spears. Roll in breadcrumbs. Store the mango pit and a mango half for a future meal—or snack on it as baby eats.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in the spears and a baby spoon so that they stand upright or lean against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by trying to scoop with hands and grab the mango spears. If baby needs help, pass a pre-loaded spoon or a spear in the air for baby to grab.

To Store: Cooked wheat farina porridge keeps in an air-tight container in the fridge for 3 days. Cut mango keeps in air-tight container in the fridge for 4 days.

Meal 2: Chicken Liver Pâté on Toast + Strawberries

Yield: 1 slice toast + ½ cup strawberries (1 child-sized serving)

Time: 10 minutes

1 tablespoon leftover chicken liver pâté
1 slice whole wheat bread or Ezekiel bread
6 fresh large ripe strawberries

Prepare the pâté. Defrost the leftover chicken liver pâté. If it is thick, whisk in 1 tablespoon of water until smooth, adding more water to loosen the mixture as needed. If you've run out, use the [recipe on Day 5](#) to prepare a fresh batch.

Prepare the toast. Lightly toast the bread. Cut off the crust, then pulverize to make breadcrumbs. Thinly spread the pâté on the remaining toast, then cut into strips about the size of two adult fingers pressed together.

Prepare the berries. Wash and dry the strawberries. Cut away and discard the stems. Set the largest berry aside to serve whole, then mash the remaining berries.

To Serve: Lay the toast, whole strawberry, and a baby spoon on the plate and scoop the mashed fruit on the side. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or a piece of food in the air for baby to grab.

Tip: Mash a bit of strawberry and mix with the chicken liver pâté for a sweeter spread for the toast.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
30	Banana Wheat Farina Porridge Prune	Lemony Pasta Chicken Drumstick	Pasta	Wheat

Meal 1: Banana Wheat Farina Porridge + Prune

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

1 cup leftover banana wheat farina porridge
1 prune pouch

Prepare the porridge. Grab the leftover banana wheat farina porridge from the fridge. If you've run out, use the [recipe on Day 29](#) to prepare a fresh batch. Stir most of the prune purée into the banana wheat farina porridge, adding a splash of warm water to loosen if necessary.

To Serve: Scoop the porridge into a baby bowl. Drizzle the remaining prune purée on top. Stick in a baby spoon and place the bowl in front of baby. Let baby self-feed by trying to scoop with hands. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

Meal 2: Lemony Pasta + Chicken Drumstick

Yield: 1 cup pasta (1-2 child-sized servings)

Time: 1 hour

1 fresh or frozen chicken drumstick
1 tablespoon olive oil, separated
¼ teaspoon ground sweet paprika (optional)
2 lemon slices
1 cup penne pasta

Prepare the drumstick. Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius. Line a sheet tray with parchment paper. Coat the drumstick with ½ tablespoon of oil. Sprinkle with sweet paprika if you'd like to add extra flavor. Place the drumstick on the tray and bake for 30 minutes, then flip the drumstick and continue to bake until the meat is golden and no pink remains, about 30 minutes more. Check that the internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the tray from the oven. Remove any skin and any loose cartilage from the drumstick. Squeeze the juice from 1 lemon slice over the drumstick, taking care to remove any fallen seeds. Cool to room temperature.

Prepare the pasta. Boil the pasta until soft, about 12 minutes. Drain and transfer to a mixing bowl. Add the remaining ½ tablespoon of oil and juice from the remaining lemon slice, taking care to remove any fallen seeds. Stir to coat. Cool to room temperature.

To Serve: Scoop some pasta onto a baby plate and lay the drumstick on the side. Exact serving size is variable. Let baby's appetite determine how much is eaten. Serve as finger food and let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cooked pasta keeps in an air-tight container in the fridge for up to 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
31	Strawberries Two Ways Wheat Farina Porridge	Breaded Chicken Strips Yellow Squash Spears	Yellow Squash	Cow's Milk Wheat

Meal 1: Strawberries Two Ways + Wheat Farina Porridge

Yield: 1 cup porridge + ½ cup berries (1 child-sized serving)

Time: 10 minutes

6 fresh large ripe strawberries
1 cup whole milk
¼ cup dry wheat farina

Prepare the berries. Wash and dry the strawberries. Cut away and discard the stems. Set the largest berry aside to serve whole, then mash the remaining berries.

Prepare the porridge. Bring the milk to a boil. Pour in the wheat farina, whisking to prevent lumps. Turn the heat to medium low. Cook, stirring occasionally, until the cereal has softened and thickened, about 3 minutes. Remove from the heat. Stir the mashed strawberries into the porridge. Cool to room temperature.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl, the whole strawberry, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and pick up the berry. If baby needs help, pass a pre-loaded spoon or the berry in the air for baby to grab.

To Store: Cooked wheat farina porridge keeps in an air-tight container in the fridge for 3 days.

Tip: Got tart strawberries? Mash leftover banana or mango spears and stir into the porridge for extra sweetness to balance the acidity of the berries.

Meal 2: Breaded Chicken Strips + Yellow Squash Spears

Yield: 1 cup each chicken + squash (1-2 child-sized servings)

Time: 45 minutes

1 fresh or frozen boneless, skinless chicken breast
1 tablespoon unsalted plain breadcrumbs
1 small yellow squash (summer squash)
1 teaspoon olive oil

Prepare the chicken strips. Defrost the meat. Cover the meat with water in a small skillet. Bring to a boil, then turn the heat to medium-low. Cook until firm and no pink remains inside the breast, about 25 minutes. Check that the breast's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the meat from the poaching liquid. Cut into strips about the size of two adult fingers pressed together. Roll in breadcrumbs. Cool to room temperature.

Prepare the spears. Preheat the oven to 375 degrees Fahrenheit / 190 degrees Celsius. Line a sheet tray with parchment paper. Wash the squash and cut off its stem ends. Halve lengthwise then cut into spears. Coat with oil. Evenly space on the tray. Bake for 10 minutes, then flip the spears and continue to bake until soft and a knife easily pierces the thickest spear, about 10 minutes more. Remove from the oven. Cool to room temperature.

To Serve: Lay some chicken strips and squash spears on a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cooked chicken strips keep in an air-tight container in the fridge for 4 days or in the freezer for 1 month. Cooked squash spears keep in an air-tight container in the fridge for 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
32	Ezekiel (sprouted grain) Toast Banana Spears with Breadcrumbs	Broccoli Omelet Strips Sauteed Spinach	Ezekial (sprouted grain) Bread	Cow's Milk Egg Wheat

Meal 1: Ezekiel Toast + Banana Spears with Breadcrumbs

Yield: 1 slice toast + ½ cup spears (1 child-sized serving)

Time: 5 minutes

1 slice Ezekiel bread or other sprouted grain bread
1 teaspoon olive oil
1 banana

Prepare the toast. Lightly toast the bread. Cut off the crust, then pulverize to make breadcrumbs. Cut the remaining bread into strips about the size of two adult fingers pressed together. Drizzle with oil.

Prepare the banana. Cut the banana in half crosswise, then peel one half and store the other for a future meal or snack on it as baby eats. Cut the peeled half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in breadcrumbs.

To Serve: Place the spears and toast in front of baby. Let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cut banana keeps in an air-tight container in the fridge for 3 days.

Meal 2: Broccoli Omelet Strips + Sauteed Spinach

Yield: 1 cup spinach (1-2 child-sized serving)

Time: 10 minutes

½ cup leftover broccoli omelet strips
1 cup packed fresh or frozen spinach
1 teaspoon olive oil

Prepare the omelet. Grab the leftover omelet strips from the fridge. If you don't have a leftover omelet, use the [recipe on Day 27](#) to prepare a fresh one for today's meal.

Prepare the spinach. Defrost, wash, and dry the spinach. Heat the oil in a skillet on medium heat. Add the spinach when the oil is shimmering. Stir to coat, then cook until wilted, about 3 minutes. Transfer the sauteed spinach to a cutting board and chop. Cool to room temperature.

To Serve: Scoop some sauteed spinach into a baby bowl, lay the omelet strips on top, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or an omelet strip in the air for baby to grab.

To Store: Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
33	Avocado Two Ways Smashed Blueberries	Carrot Pumpkin Seed Mash Yellow Squash Spears	None	Cow's Milk Wheat

Meal 1: Avocado Two Ways + Smashed Blueberries

Yield: 1 slice toast + ½ cup berries (1 child-sized serving)

Time: 10 minutes

1 ripe avocado or 1 leftover avocado half
1 teaspoon hemp seeds
1 slice whole wheat bread or sprouted grain bread (Ezekial bread)
½ cup fresh or frozen blueberries

Prepare the avocado. Grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Store the other half for a future meal—or snack on it as baby eats.

Prepare the toast. Lightly toast the bread. Cut off the crust, then pulverize to make breadcrumbs. Cut the remaining bread into strips about the size of two adult fingers pressed together. Cut off a quarter of the avocado half and mash on the toast strips. Sprinkle hemp seeds on top. Roll the remaining avocado in the breadcrumbs.

Prepare the berries. Wash the blueberries, remove any stems, and flatten the berries with your thumb or a fork.

To Serve: Lay the toast strips, avocado half, and smashed blueberries on a baby plate. Let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cut avocado keeps in an air- tight container in the fridge for 3 days.

Meal 2: Carrot Pumpkin Seed Mash + Yellow Squash Spears

Yield: 1 cup mash + ½ cup spears (1-2 child-sized serving)

Time: 10 minutes

2-3 leftover yellow squash spears
¼ cup leftover mashed carrots
¼ cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons pumpkin seed butter
1 pinch ground coriander and/or cumin (optional)

Prepare the veggies. Grab the yellow squash spears and mashed carrots from the fridge. If you've run out, use the squash [recipe on Day 31](#) and/or the carrot [recipe on Day 27](#) to prepare fresh batches—or use whatever leftover veggie spears you've got on hand—then read on!

Prepare the mash. Mash and mix the carrot, yogurt, and pumpkin seed butter in a baby bowl until smooth, adding more yogurt to loosen the mixture as needed. It should be soft and spreadable with no large clumps of pumpkin seed butter. Add the spice if you'd like to add extra flavor!

To Serve: Scoop the carrot pumpkin seed mash onto a baby plate and lay the squash spears and a baby spoon on the side. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or a spear in the air for baby to grab.

To Store: Carrot pumpkin seed mash keeps in an air-tight container in the fridge for 5 days.

Tip: Leftover carrot pumpkin seed mash makes an excellent spread for toasted bread. Try it!

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
34	Goat Cheese Omelet Strips Spinach Two Ways	Lemony Pasta Cauliflower Florets	Goat Cheese	Egg Goat's Milk Wheat

Meal 1: Goat Cheese Omelet Strips + Spinach Two Ways

Yield: 1 cup each omelet + spinach (1-2 child-sized servings)

Time: 30 minutes

1 cup packed fresh or frozen spinach
2 teaspoons olive oil, separated
3 eggs
1 ounce fresh goat cheese (chevre)

Prepare the spinach. Defrost, wash, and dry the spinach. Warm 1 teaspoon of oil in a small skillet set on medium heat. When it shimmers, add the spinach and stir to coat. Cook until wilted, about 3 minutes. Transfer the sauteed spinach to a cutting board. Mince half the spinach, and chop the remaining half.

Prepare the omelet. Whisk the eggs and minced spinach in a mixing bowl. Warm the remaining 1 teaspoon of oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg mixture. Turn the heat to low and cover. Cook until the eggs are firm and the edges have started to curl, about 5 minutes. Sprinkle the goat cheese on the eggs, then use a spatula to fold the omelet in half. Cook until the omelet's inside is completely done, about 3 minutes more. Remove the omelet from the pan. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

To Serve: Scoop the remaining sauteed spinach, some omelet strips, and a baby spoon onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Serve as finger food and let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon or an omelet strip in the air for baby to grab.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Meal 2: Lemony Pasta + Cauliflower Florets

Yield: 1 cup each pasta + florets (1-2 child-sized servings)

Time: 20 minutes

1 cup fresh or frozen cauliflower florets
1 cup leftover lemony pasta
1 teaspoon olive oil
1 lemon slice

Prepare the cauliflower. Wash the cauliflower florets. Place in a steamer basket in a pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Transfer the florets to a mixing bowl.

Prepare the pasta. Grab the leftover pasta from the fridge. If you've run out, use the [recipe on Day 30](#) to prepare a fresh batch, then proceed. Dump the pasta into the bowl with the florets. Stir in the oil and the juice of the lemon, taking care to remove any fallen seeds. If the pasta is sticky and thick, add a splash or two of warm water to loosen as needed.

To Serve: Scoop some pasta and florets into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Serve as finger food and let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cooked cauliflower florets keep in an air-tight container in the fridge for up to 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
35	Banana Zucchini Pancake Peanut Butter Ricotta Dip	Lamb Burger with Yogurt Peach or Nectarine Half with Ground Peanut	Lamb Peach or Nectarine	Egg Cow's Milk Peanut Wheat

Meal 1: Banana Zucchini Pancake + Peanut Butter Ricotta Dip

Yield: 6-8 pancakes (3-4 child-sized servings)
+ ¼ cup dip (1 child-sized serving)

Time: 30 minutes

½ ripe banana
½ small zucchini
1 egg
½ cup whole milk
½ teaspoon baking powder
½ cup all-purpose flour
2 or more tablespoons unsalted butter
¼ cup fresh whole milk ricotta cheese
1 teaspoon smooth peanut butter

Prepare the pancake batter. Mash the banana in a mixing bowl. Wash and dry the zucchini, then grate into the bowl. Whisk the banana, zucchini, egg, and milk, then whisk in the baking powder and flour until no streaks remain.

Cook the pancakes. Set a skillet on medium heat. Once it is hot, add the butter. When it stops foaming, add a heaping spoonful of the batter and use the back of the spoon to gently flatten the batter into a round pancake. Repeat—taking care not to overcrowd the skillet. Cook until the bottoms are golden, about 3 minutes. Flip, then cook until the other side starts to brown. Transfer to a plate. Continue cooking pancakes until all batter is used. Cool pancakes to room temperature.

Prepare the dip. Whisk the ricotta cheese and peanut butter until smooth, adding more ricotta to loosen the mixture as needed. There should be no clumps of peanut butter.

To Serve: Lay 1 or 2 pancakes on a baby plate and scoop the peanut butter ricotta dip on the side. Serve and let baby self-feed by trying to pick up the food.

To Store: Pancakes and cut zucchini keep in air-tight containers in the fridge for up to 3 days. The pancakes keep in the freezer for up to 2 months.

Meal 2: Lamb Burger with Yogurt + Peach or Nectarine Half with Ground Peanut

Yield: 8 burgers (4-6 child-sized servings)

Time: 30 minutes

1 pound fresh or frozen ground lamb
1 egg
¼ cup unsalted plain breadcrumbs
⅛ teaspoon each ground cumin, garlic, and sweet paprika (optional)
1 fresh ripe peach or nectarine
1 teaspoon ground peanut
¼ cup Greek yogurt or unsweetened whole milk yogurt of choice

Prepare the burger mix. Defrost the ground lamb. Mash and mix the lamb, egg, breadcrumbs, and spices to form a paste. Form into 8 burger patties.

Cook the burgers. Preheat the oven to 425 degrees Fahrenheit / 220 degrees Celsius. Line a sheet tray with parchment paper. Evenly space the burgers on the tray. Bake for 10 minutes, then flip and continue to bake until browned with no pink meat remaining, about 10 minutes more. Check that a burger's internal temperature has reached 160 degrees Fahrenheit / 70 degrees Celsius. Remove from the heat. Cool to room temperature.

Prepare the fruit. Wash the fruit. Cut lengthwise around the pit. Gently twist the halves in opposite directions to separate them. Remove the pit. Roll the cut side of one half in ground peanut. Reserve the other half—or snack on it as baby eats.

To Serve: Scoop the yogurt onto a baby plate. Lay a burger and fruit on top. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Lamb burgers keep in an air-tight container in the fridge for 4 days or in the freezer for 2 months. Cut peach or nectarine keeps when sealed in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
36	Oatmeal Peach or Nectarine Half	Avocado Cannellini Bean Mash Zucchini Spears	None	None

Meal 1: Oatmeal + Peach or Nectarine Half

Yield: 1 cup (1 child-sized serving)

Time: 20 minutes

½ cup dry instant oats or oatmeal
1 cup water
1 leftover peach or nectarine half
1 teaspoon hemp seeds

Prepare the oatmeal. Place the instant oats or oatmeal in a baby bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes.

Prepare the fruit. Grab the leftover peach or nectarine half from the fridge, or prepare a fresh fruit if you've run out. Roll the cut side of the fruit half in hemp seeds.

To Serve: Stick a baby spoon in the bowl with the oatmeal so the utensil is upright or laying against the edge of the bowl in a way that makes it easier for baby to grab. Nestle the fruit on the side. Let baby self-feed by trying to scoop with hands and pick up the fruit. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked oatmeal keeps in an air-tight container in the fridge for 1 week. Cut peach or nectarine keeps when sealed in the fridge for 3 days.

Tip: Keep it simple today! Tomorrow is a big day because fish is on the menu. If you want to change up today's recipes, stick with foods that have already been introduced and avoid common allergens.

Meal 2: Avocado Cannellini Bean Mash + Zucchini Spears

Yield: 2 cups mash (2-4 child-sized servings)
+ 1 cup zucchini (1-2 child-sized servings)

Time: 30 minutes

1 small zucchini
2 teaspoons olive oil, separated
1 cup cooked cannellini beans (ideally BPA-free if canned)
1 ripe avocado or 1 leftover avocado half
¼ cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)

Prepare the spears. Preheat the oven to 375 degrees Fahrenheit / 190 degrees Celsius. Line a sheet tray with parchment paper. Wash and halve the zucchini lengthwise, then cut into spears. Coat with 1 teaspoon of oil. Evenly space on the tray. Bake for 10 minutes, then flip and continue to bake until soft and a knife easily pierces the thickest spear, about 10 minutes more. Remove from the oven. Cool to room temperature.

Prepare the mash. Rinse the beans to remove excess sodium. Next, grab the leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half, and store the other half for a future meal—or snack on it as baby eats. Mash and mix the beans, avocado, remaining 1 teaspoon of oil, and water until mostly smooth, adding liquid to loosen the mixture as needed. A little texture is okay as long as there are no whole beans.

To Serve: Scoop some bean mash onto a baby plate and lay some zucchini spears and a baby spoon on the side. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by scooping with hands and trying to pick up the spears. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Avocado cannellini bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days. Cooked zucchini keeps in an air-tight container in the fridge for 5 days

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
37	Salmon Mashed Sweet Potato	Salmon Avocado Cannellini Bean Mash Lemony Broccoli Florets	Salmon	Fish

Meal 1: Salmon + Mashed Sweet Potato

Yield: 1 cup potato (1-2 child-sized servings)

Time: 20 minutes

1 teaspoon "no salt-added" wild salmon (ideally BPA-free if canned)
1 medium sweet potato

Prepare the fish. Measure the fish: 1 teaspoon is approximately ½ ounce, about the size of an adult pinky finger. Rinse to remove sodium.

Prepare the potato. Bring a pot of water to a boil. While the water heats up, peel the potato skin, then cut the flesh into chunks. Place the potato in the boiling water, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest chunk, about 15 minutes. Drain. Transfer the potato to a mixing bowl. Mash until smooth, adding a splash of water to loosen if necessary. Cool to room temperature.

To Serve: Scoop some mashed potato into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the fish on top and stick a baby spoon in the bowl. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: An open can of salmon keeps when sealed in the fridge for 2 days. Cooked potato keeps in an air-tight container in the fridge for up to 3 days.

Tip: Want to serve fresh salmon? Go right ahead. Just make sure to remove the bones and cook the fish until it is well done, with no translucent flesh, and check that the fillet's internal temperature has reached 145 degrees Fahrenheit / 60 degrees Celsius.

Meal 2: Salmon + Avocado Cannellini Bean Mash + Lemony Broccoli Florets

Yield: 1 cup each dal + florets (1-2 child-sized servings)

Time: 20 minutes

1 teaspoon "no salt-added" wild sockeye salmon (ideally BPA-free if canned)
1 cup leftover avocado cannellini bean mash
1 cup fresh or frozen broccoli florets
1 teaspoon olive oil
1 lemon slice

Prepare the fish. Measure the fish: 1 teaspoon is approximately ½ ounce, about the size of an adult pinky finger. Rinse to remove sodium.

Defrost or prepare the mash. Grab the leftover mash from the fridge. If you've run out, use the [recipe on Day 36](#) to prepare a fresh batch. Stir in a splash of water to break up the mash if it is thick, adding more water to loosen the mixture as needed. There should be no clumps or whole beans.

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water to the pot. Cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Drizzle the oil and the juice from the lemon over the florets, taking care to remove any seeds that fall in. Cool to room temperature.

To Serve: Stick some florets and baby spoon in the bowl with the bean mash. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the fish on top. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: An open can of salmon keeps when sealed in the fridge for 2 days. Cooked broccoli florets keep in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
38	Quinoa with Mascarpone and Prune	Salmon with Yogurt Yellow Squash Spears	None	Cow's Milk Fish

Meal 1: Quinoa with Mascarpone and Prune

Yield: 1 cup porridge (1-2 child-sized servings)

Time: 45 minutes

½ cup dry quinoa
1 cup water
2 tablespoons mascarpone cheese
1 prune pouch

Prepare the quinoa. Rinse the quinoa. Bring the quinoa and water to a boil, then turn the heat to medium-low. Cook until the quinoa is tender and has absorbed most of the liquid, between 20 and 25 minutes. Remove from the heat. Uncover and fluff the quinoa with a fork. Let the quinoa cool for 5 minutes, then stir in the mascarpone cheese and prune purée until thoroughly combined with no clumps of cheese. Cool to room temperature.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl and a baby spoon in front of baby. Let baby self-feed by scooping with hands. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for up to 3 days or in the freezer for up to 2 months.

Tip: Keep introducing those spices! Sprinkle a pinch of your favorite spice on the ricotta cheese and stir to meld the flavors.

Meal 2: Salmon with Yogurt + Yellow Squash Spears

Yield: ½ cup yogurt + 1 cup (1 child-sized serving)

Time: 30 minutes

1 small yellow squash (summer squash)
1 teaspoon olive oil
1 teaspoon "no salt-added" salmon (ideally from a BPA-free container)
½ cup unsweetened whole milk yogurt

Prepare the spears. Preheat the oven to 375 degrees Fahrenheit / 190 degrees Celsius. Line a sheet tray with parchment paper. Cut off the squash's stem ends. Halve lengthwise then cut into spears. Coat with oil. Evenly space on the tray. Bake for 10 minutes, then flip the spears and continue to bake until soft and a knife easily pierces the thickest spear, about 10 minutes more. Remove from the oven. Cool to room temperature.

Prepare the fish. Measure the fish: 1 teaspoon is approximately ½ ounce, about the size of an adult pinky finger. Rinse to remove sodium.

To Serve: Scoop the yogurt into a baby bowl, lay the salmon on top, and stick in 2 or 3 yellow squash spears and a baby spoon. Let baby self-feed by trying to scoop with hands and grab the spears. If baby needs help, pass a pre-loaded spoon or a spear in the air for baby to grab.

To Store: An open can of salmon keeps when sealed in the fridge for 2 days. Cooked yellow squash spears keep in an air-tight container in the fridge for 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
39	Spinach Goat Cheese Omelet Strips Cucumber Slices	Milk Poached Cod Bell Pepper Halves	Cod	Cow's Milk Goat's Milk Egg Fish

Meal 1: Spinach Goat Cheese Omelet Strips + Cucumber Slices

Yield: ½ cup omelet + ¼ cup cucumber (1 child-sized serving)

Time: 5 minutes

½ cup leftover spinach goat cheese omelet strips
3-4 leftover cucumber slices or 1 small cucumber
1 teaspoon hemp seeds

Prepare the omelet. Grab the leftover omelet strips from the fridge. If you've run out, use the [recipe on Day 34](#) to prepare a fresh one for today's meal.

Prepare the cucumber. Grab the leftover cucumber slices from the fridge. If you've run out, wash a fresh whole cucumber then cut into thin, wide, rectangular slices with the skin on or off. (Check out the [First Foods® Database](#) for age-specific cuts!) Roll the cut sides of 3 to 4 cucumber slices in hemp seeds.

To Serve: Lay the omelet strips and some cucumber slices on a baby plate. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass pieces of food in the air for baby to grab.

Tip: Slippery food can be rolled in almost anything for grip: ground nuts, chia seeds, infant cereal, finely shredded coconut, and more. Hemp seeds are a favorite because they are packed with nutrition but have fun and explore!

Meal 2: Milk Poached Cod + Bell Pepper Halves

Yield: 6 ounces fish (6 child-sized servings)
+ 1 cup pepper (1 child-size serving)

Time: 40 minutes

1 bell pepper (any color)
1 teaspoon olive oil
1 fresh or frozen boneless, skinless cod fillet (6-ounces)
1 small onion
1 tablespoon butter
1 cup whole milk
¼ cup Greek yogurt or unsweetened whole milk yogurt of choice

Prepare the pepper. Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius. Line a sheet tray with parchment paper. Wash the pepper. Slice in half lengthwise. Remove the stem, seeds, and pith. Coat with oil. Place on the tray and bake for 30 minutes. Remove from the oven. Cool to room temperature. Peel any loose skin.

Prepare the fish. Defrost the fish. Remove any bones. Peel and halve the onion. Place the fish and the onion in a small skillet. Add the butter, milk, and enough water to almost cover. Cover and bring to a boil, then turn the heat to medium-low. Cook until no translucent flesh remains, between 8 and 12 minutes. Check that the internal temperature has reached 145 degrees Fahrenheit / 60 degrees Celsius. Remove from the skillet. Break the fillet into 1-ounce pieces, about the size of two adult pinky fingers pressed together. Cool to room temperature.

To Serve: Scoop the yogurt onto a baby plate and lay a cod piece on top and the pepper halves on the side. Serve as finger food and let baby self-feed. If baby needs help, pass pieces of food in the air for baby to grab.

To Store: Cooked bell pepper keeps in an air-tight container in the fridge for 5 days. Cooked cod keeps in an air-tight container in the fridge for 4 days, but in this case, it will be used for Meal 2 tomorrow!

Tip: Cooked fish can be frozen! Separate into 1-ounce pieces (about the size of two adult pinky fingers pressed together) for easy access to child-sized servings.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
40	Quinoa with Mascarpone and Prune Banana Spears with Ground Peanut	Cod Cakes with Yogurt Cauliflower Florets	None	Cow's Milk Egg Fish Peanut Wheat

Meal 1: Quinoa with Mascarpone and Prune + Banana Spears with Ground Peanut

Yield: 1 cup each porridge + ½ cup spears (1 child-sized serving)

Time: 10 minutes

½ cup leftover quinoa with mascarpone and prune
1 tablespoon mascarpone cheese
1 ripe banana or 1 leftover banana half
1 teaspoon ground peanut

Prepare the quinoa. Grab the leftover quinoa from the fridge. If you're all out, use the [recipe on Day 38](#) to make a fresh batch—or use any leftover oatmeal in your fridge. Reheat the porridge and stir the mixture to loosen any clumps of grain. Once it has loosened, remove from the heat and whisk in the mascarpone cheese until smooth. Cool to room temperature.

Prepare the spears. Cut the banana in half crosswise, then peel one half and store the other for a future meal or snack on it as baby eats. Cut the peeled half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in the ground peanut.

To Serve: Scoop the quinoa into a baby bowl and stick in a baby spoon and the banana spears so that they are upright or laying against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by trying to scoop with hands and grab the food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cut banana keeps in an air-tight container in the fridge for 3 days.

Meal 2: Cod Cakes with Yogurt + Cauliflower Florets

Yield: 4 cod cakes (4 child-sized servings)
+ 1 cup florets (1-2 child-sized servings)

Time: 30 minutes

1 leftover milk poached cod fillet
¼ cup unsalted plain breadcrumbs
2 eggs
1 tablespoon vegan mayonnaise or yogurt
2 tablespoons butter
1 cup fresh or frozen cauliflower florets
1 tablespoon Greek yogurt or unsweetened whole milk yogurt of choice

Prepare the cod cakes. Grab the leftover milk poached cod from the fridge. If you're out, use the [recipe on Day 39](#) to make a fresh batch. Next, flake the fish in a mixing bowl, taking care to remove any lingering bones and skin. Mash and mix the fish, breadcrumbs, eggs, and vegan mayonnaise or yogurt to form a thick paste. If it seems too wet, add more breadcrumbs. If it seems too dry, add more vegan mayonnaise or yogurt. Form the mixture into 4 small cakes. Melt the butter in a non-stick skillet set on medium-high heat. When it stops foaming, gently set the cakes in the pan (don't overcrowd) and cook until the bottoms are golden, about 4 minutes. Flip and cook to lightly toast the other side, about 3 minutes more. Remove from the heat. Cool to room temperature.

Prepare the cauliflower. First, wash the florets and place in a steamer basket in a pot. Add a few splashes of water. Cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature.

To Serve: Scoop the yogurt onto a baby plate. Lay a cod cake and some florets on top. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass pieces of food in the air for baby to grab.

To Store: Cooked cod cakes keep in an air-tight container in the fridge for 4 days and in the freezer for up to 2 months.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
41	Raspberry Oatmeal with Yogurt Banana Spears	Chicken Liver Two Ways Cucumber Slices	None	Cow's Milk

Meal 1: Raspberry Oatmeal with Yogurt + Banana Spears

Yield: 2 cups oatmeal (2-4 child-sized servings)

+ ½ cup spears (1 child-sized serving)

Time: 15 minutes

1 cup whole milk
½ cup dry instant oats or oatmeal
1 cup fresh or frozen raspberries
1 tablespoon Greek yogurt or unsweetened whole milk yogurt of choice
1 ripe banana or 1 leftover banana half
1 teaspoon hemp seeds

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the milk to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Wash and dry the berries. Mash and mix the oatmeal, berries, and yogurt until smooth.

Prepare the spears. Cut the banana in half crosswise, then peel one half and store the other for a future meal or snack on it as baby eats. Cut the peeled half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in the hemp seeds.

To Serve: Scoop some raspberry oatmeal into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in the spears and a baby spoon so that they are upright or leaning against the edge of the bowl in a way that makes it easier for baby to grab. Let baby self-feed by trying to scoop with hands and pick up the spears. If baby needs help, pass a pre-loaded spoon in the air to grab.

To Store: Raspberry oatmeal keeps in an air-tight container in the fridge for 1 week. Cut banana keeps in an air-tight container in the fridge for 3 days.

Meal 2: Chicken Liver Two Ways + Cucumber Slices

Yield: ¼ cup liver + 1 cup cucumber (1 child-sized serving)

Time: 15 minutes

1 tablespoon leftover chicken live pâté
2-3 baby crackers or teething rusks
1 fresh or frozen chicken liver
2 cups water or unsalted meat or vegetable stock (ideally BPA-free if canned)
3-4 leftover cucumber slices or 1 small cucumber
1 teaspoon hemp seeds

Prepare the chicken liver pâté. Defrost the chicken liver pâté. If you've run out, use the [recipe on Day 5](#) to prepare a fresh batch. If it is thick, whisk in 1 or more tablespoons of water to loosen until it is smooth. Spread the pâté on the crackers or rusks.

Prepare the chicken liver strips. Defrost the liver. Cut off any connective tissue. Bring 2 cups of water or stock to a boil. Add the liver and turn the heat to medium-low. Cook until firm and no pink remains, about 7 minutes. Check that the internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the liver from the pot. Cool to room temperature, then cut into strips.

Prepare the cucumber. Grab the leftover cucumber slices from the fridge. If you've run out, wash a fresh whole cucumber then cut into thin, wide, rectangular slices with the skin on or off. (Check out the [First Foods® Database](#) for age-specific cuts!) Roll the cut sides of 3 to 4 cucumber slices in hemp seeds.

To Serve: Lay the crackers or rusks, liver strips, and cucumber slices with hemp seeds in front of baby. Serve as finger food and let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cut cucumber slices keep in an air-tight container filled with water in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
42	Omelet Strips Kale Two Ways Peanut Butter "Paint"	Cajun Fish Mashed Carrot	White Fish Kale	Cow's Milk Egg Fish Peanut

Meal 1: Omelet Strips + Kale Two Ways + Peanut Butter "Paint"

Yield: 1 cup omelet + 1 cup kale (1-2 child-sized servings)

Time: 30 minutes

1 cup packed fresh or frozen kale leaves
2 teaspoons olive oil, separated
1 lemon or lime slice
3 eggs
1 teaspoon smooth peanut butter

Prepare the kale. Defrost, wash, and dry the greens. Tear any large leaves from their woody stalks. Warm 1 teaspoon of oil in a skillet set on medium heat. When it shimmers, add the kale and cook, stirring occasionally, until slightly wilted, about 5 minutes. Add the juice from the citrus slice and stir to coat. Continue cooking until the greens are soft, about 5 minutes more. Remove from the heat. Mince the kale. Cool to room temperature.

Prepare the omelet. Whisk the eggs and half of the minced kale. Warm the remaining 1 teaspoon of oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg mixture. Cover and turn the heat to low. Cook until the eggs are firm and the edges have started to curl, about 5 minutes. Use a spatula to fold the omelet in half. Cook until the omelet's inside is completely done, about 3 minutes more. Remove from the pan. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

Prepare the paint. Whisk the peanut butter with warm water until smooth—like paint—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Put the omelet strips and minced kale onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the plate and the bowl of "paint" in front of baby. Let baby self-feed. Show baby how to dip the food in the loosened peanut butter and paint on the plate!

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days.

Meal 2: Cajun Fish + Mashed Carrot

Yield: $\frac{3}{4}$ cup fish (4-6 child-sized servings)

+ 1 cup carrot (1-2 child-sized servings)

Time: 45 minutes

1 fresh or frozen boneless, skinless catfish, flounder, sole, or tilapia fillet (4 to 6-ounces)
 $\frac{1}{2}$ cup dry polenta
1 pinch each ground black pepper, garlic powder, sweet paprika
1 tablespoon unsalted butter
4 medium carrots

Prepare the fish. Defrost the fish. Remove any bones. Preheat the oven to 375 degrees Fahrenheit / 190 degrees Celsius. Line a sheet tray with parchment paper. Combine polenta and spices, then coat the fish with the mixture. Lay the fish on the tray and place the butter on top. Bake until fully cooked, about 35 minutes. It's done when a knife inserted in the thickest part shows no translucent flesh. Check that the internal temperature has reached at least 145 degrees Fahrenheit / 60 degrees Celsius. Remove from the oven. Cool to room temperature. Break into 1-ounce pieces, about the size of two adult pinky fingers pressed together.

Prepare the carrots. Bring a pot of water to a boil. Peel the carrot skin, then cut the flesh into chunks. Place in the boiling water, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest chunk, about 15 minutes. Drain. Transfer the cooked carrot to a mixing bowl. Mash until smooth, adding a splash or two of warm water to loosen the mixture as needed. Cool to room temperature.

To Serve: Scoop some mashed carrot into a baby bowl, lay a 1-ounce piece of Cajun fish on top, and stick in a baby spoon. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the fish. Encourage utensil use by passing a pre-loaded spoon in the air for baby to grab.

To Store: Cooked white fish keeps when sealed in the fridge for 4 days or in the freezer for 2 months. Cooked carrot keeps when sealed in the fridge for 5 days.

Tip: Introducing herbs, spices, and seasonings as your baby is starting solids can help build familiarity with your family's favorite flavors.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
43	Peanut Butter Yogurt Avocado Half	Sardine Fillet with Yogurt Yellow Squash Spears Sauteed Kale	Sardine Lime	Cow's Milk Fish Peanut

Meal 1: Peanut Butter Yogurt + Avocado Half

Yield: 1 cup (1 child-sized serving)

Time: 10 minutes

1 cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons smooth peanut butter
1 ripe avocado or 1 leftover avocado half
1 teaspoon hemp seeds

Prepare the yogurt. Whisk the yogurt and peanut butter in a baby bowl until smooth, adding more yogurt to loosen the mixture as needed. There should be no clumps of peanut butter.

Prepare the avocado. Grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half. Roll in hemp seeds. Store the other half for a future meal—or snack on it as baby eats.

To Serve: Place the bowl, the avocado half, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and grab the avocado half. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cut avocado keeps in its peel in the fridge for 3 days.

Tip: You can try to encourage utensil use by placing a pre-loaded the spoon on the bowl, plate, or table and letting baby try to pick it up independently. If it's too tough, continue to help by passing the spoon in the air for baby to grab.

Meal 2: Sardine Fillet with Yogurt + Yellow Squash Spears + Sauteed Kale

Yield: 1 fillet + ½ cup each spears and kale (1 child-sized serving)

Time: 5 minutes

1 boneless sardine (ideally from a tin marked "no-salt added" and "BPA-free")
¼ cup Greek yogurt or unsweetened whole milk yogurt of choice
1 lime slice
2-3 leftover cooked yellow squash spears
½ cup leftover sauteed kale

Prepare the fish. Rinse the sardine to remove sodium. The tiny bones are edible and full of nutrition, but remove them if they make you nervous. Whisk the yogurt and the juice of the lime slice until smooth. Scoop the yogurt onto a baby plate and lay the fillet on top.

Prepare the spears and kale. Grab the leftover yellow squash spears and sauteed kale from the fridge. If you've run out, use the squash [recipe on Day 38](#) and/or the kale [recipe on Day 42](#) to prepare fresh batches... or use any leftover cooked veggie that you have on hand.

To Serve: Scoop the veggies onto the baby plate with the sardine fillet and yogurt. Place the plate and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and grab the food. If baby needs help, pass a pre-loaded spoon or a spear in the air for baby to grab.

To Store: Canned sardines, once opened, don't last long in the fridge—maybe a day or two. And alas, the freezer doesn't work either. Eat them soon!

Tip: If serving a whole sardine fillet makes your nervous, simply mash the fish into the yogurt before serving.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
44	Avocado Half Avocado Black Bean Mash	Carrot Pumpkin Seed Mash Cucumber Slices	None	None

Meal 1: Avocado Half + Avocado Black Bean Mash

Yield: ½ cup each mash and spears (1 child-sized serving)

Time: 5 minutes

1 ripe avocado
1 teaspoon hemp seeds
½ cup cooked black beans (ideally from a BPA-free can)
1 teaspoon olive oil
1 pinch each ground cumin, garlic, and sweet paprika (optional)

Prepare the avocado. Cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh. Roll one half in hemp seeds. Transfer the other half to a mixing bowl.

Prepare the mash. Rinse the beans to remove excess sodium. Mash and mix the avocado half, beans, oil, and spices in the mixing bowl until mostly smooth, adding another splash of oil to loosen the mixture as needed. A little texture is okay as long as there are no whole beans.

To Serve: Scoop the beans onto a baby plate and lay the avocado half and a baby spoon on the side. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands and grab the avocado half. If baby needs help, pass a pre-loaded spoon or the avocado half in the air for baby to grab.

To Store: An open can of beans keeps when sealed in the fridge for 4 days.

Tip: Keep it simple today! Tomorrow is a big day because sesame is on the menu. If you want to change up today's recipes, stick with foods that have already been introduced and avoid common allergens.

Meal 2: Carrot Pumpkin Seed Mash + Cucumber Slices

Yield: ½ cup each mash and cucumber (1 child-sized serving)

Time: 5 minutes

½ cup leftover mashed carrots
1 tablespoon olive oil
1 tablespoon pumpkin seed butter
1 pinch each ground cardamom, coriander, cumin (optional)
3-4 leftover cucumber slices or 1 small cucumber
1 teaspoon ground hemp seeds

Prepare the mash. Grab the leftover mashed carrot from the fridge. If you've run out, use the [recipe on Day 42](#) to prepare a fresh batch...or use any leftover cooked veggie in your fridge. Mash and mix the carrots, olive oil, pumpkin seed butter, and spices in a bowl until smooth, adding a splash of warm water to loosen the mixture as needed. A little texture is okay as long as there are no large clumps or pumpkin seed butter.

Prepare the cucumber. Grab the leftover cucumber slices from the fridge. If you've run out, wash a fresh whole cucumber then cut into thin, wide, rectangular slices with the skin on or off. Roll the cut sides of 3 to 4 cucumber slices in hemp seeds.

To Serve: Scoop the carrot pumpkin seed mash onto a baby plate and lay the cucumber slices and a baby spoon on the side. Let baby self-feed by trying to scoop with hands and grab the cucumber slices. If baby needs help, pass a pre-loaded spoon or a cucumber slice in the air for baby to grab.

To Store: Carrot pumpkin seed mash keeps in an air-tight container in the fridge for 5 days. Cut cucumber keeps in an air-tight container filled with water in the fridge for 1 week.

Tip: Leftover dip makes an excellent spread for toasted bread. Try it!

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
45	Banana Sesame Oatmeal	Black Bean Sweet Potato Mash Sauteed Spinach	Sesame	Sesame

Meal 1: Banana Sesame Oatmeal

Yield: 2 cups (2 child-sized servings)

Time: 15 minutes

½ cup dry instant oats or oatmeal
1 cup water
1 ripe banana
¼ teaspoon sesame tahini
1 teaspoon hemp seeds

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Next, peel the banana, then mash and mix the fruit, sesame tahini, and oatmeal until smooth, adding a splash of warm water to loosen the mixture as needed. There should be no clumps of sesame tahini.

To Serve: Scoop some banana sesame oatmeal into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in a baby spoon and sprinkle hemp seeds on top. Let baby self-feed by trying to scoop with hands. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Banana sesame oatmeal keeps in an air-tight container in the fridge for 1 week.

Meal 2: Black Bean Sweet Potato Mash + Sauteed Spinach

Yield: 2 cups mash (2-4 child-sized servings)

+ 1 cup spinach (1-2 child-sized servings)

Time: 30 minutes

1 medium sweet potato
1 cup cooked black beans (ideally from a BPA-free can)
1 pinch each ground cumin, garlic, and sweet paprika (optional)
2 teaspoons olive oil, separated
1 cup fresh or frozen spinach

Prepare the potato. Bring a pot of water to a boil. While the water is warming, peel the potato skin, then cut the flesh into chunks. Place the potato in the boiling water, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest part, about 15 minutes. Drain. Transfer to a mixing bowl.

Prepare the mash. Rinse the beans to remove excess sodium. Mash and mix the beans, potato, spices, and 1 teaspoon of oil until mostly smooth, adding a splash of warm water to loosen the mixture as needed. A little texture is okay as long as there are no whole beans. Cool to room temperature.

Prepare the spinach. Defrost, wash, and dry the greens. Warm the remaining 1 teaspoon of oil in a skillet. When it shimmers, add the spinach and stir to coat, then cook until wilted, about 3 minutes. Remove from the heat. Chop the spinach. Cool to room temperature.

To Serve: Scoop some mash into a baby bowl, top with some sauteed spinach, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Black bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days. Cooked sweet potato keeps in an air-tight container in the fridge for 3 days. Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
46	Strawberries and Cream Oatmeal Sesame Tahini Drizzle	Moong Dal (Yellow Lentils) Lemony Broccoli Florets with Sesame Seeds	Lentil	Cow's Milk Sesame

Meal 1: Strawberries and Cream Oatmeal + Sesame Tahini Drizzle

Yield: 2 cups (2 child-sized servings)

Time: 15 minutes

½ cup uncooked instant oats or oatmeal
1 cup whole milk
6 fresh large ripe strawberries
1 teaspoon or more water
¼ teaspoon sesame tahini

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the milk to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Meanwhile, wash and dry the strawberries. Slice off the stems. Set the largest strawberry aside to serve whole. Mash and mix the remaining berries with the oatmeal until mostly smooth, adding a splash of milk to loosen the mixture as needed. A little texture is okay as long as there are no large clumps of berry.

Prepare the drizzle. Whisk the water and sesame tahini until smooth, adding another splash of water to loosen the mixture as needed. The mixture should be saucy with no clumps of sesame tahini.

To Serve: Scoop some oatmeal into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Drizzle the sesame tahini sauce on top. Stick a baby spoon in the bowl and place it in front of baby along with the whole strawberry. Let baby self-feed by trying to scoop with hands and pick up the berry. If baby needs help, pass a pre-loaded spoon or the berry in the air for baby to grab.

To Store: Strawberries and cream oatmeal keeps in an air-tight container in the fridge for 1 week.

Tip: Opened jars of tahini can be stored in a cool, dark place—like your pantry—but some people store in the fridge to slow down the aging of the oils within the paste. Your choice!

Meal 2: Moong Dal (Yellow Lentils) + Lemony Broccoli Florets with Sesame Seeds

Yield: 2 ½ cups dal (3-5 child-sized servings)

+ 1 cup florets (1-2 child-sized servings) child-sized serving

Time: 45 minutes

1 cup dry moong dal (yellow lentils, or red lentils if moong dal is unavailable)
1 garlic clove
1 small onion
1 tablespoon olive oil
3 cups water or unsalted meat or vegetable stock (ideally BPA-free if canned)
1 cup fresh or frozen broccoli florets
1 lemon slice
½ teaspoon sesame seed

Prepare the dal. Soak the lentils in cold water while you peel and mince the garlic and onion. Melt the oil in a pot set on medium-high heat. When it shimmers, add the garlic and onion and stir to coat. Cook, stirring occasionally, until the onions are soft, about 5 minutes. Drain the lentils and add to the pot along with the water or stock. Stir and cover. As soon as the water is boiling, turn the heat to medium-low. Cook partially covered until the lentils are soft and have absorbed most of liquid, about 25 minutes. Remove from the heat. Cool to room temperature.

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Drizzle with the juice of the lemon, taking care to remove any fallen seeds. Cool to room temperature.

To Serve: Scoop some moong dal into a baby bowl, lay the florets on top, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle sesame seeds on top. Let baby self-feed by scooping with hands and trying to pick up the florets. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked moong dal keeps in an air-tight container in the fridge for 1 week or in the freezer for 1 month.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
47	Sesame Tahini Toast Mango Spears	Sesame Soba Noodles Cauliflower Mash	Buckwheat (Noodles) Ginger	Sesame Wheat

Meal 1: Sesame Tahini Toasts + Mango Spears

Yield: 1 slice toast + 1 cup mango (1-2 child-sized servings)

Time: 10 minutes

1 slice whole wheat bread or Ezekiel bread
 1 teaspoon water
 1 lime slice
 ¼ teaspoon sesame tahini
 1 pinch sesame seeds
 1 mango
 1 pinch ground paprika or ground pepper of choice (optional)

Prepare the toast. Cut off and reserve the breadcrusts, then pulverize to make breadcrumbs. Cut the remaining bread into strips about the size of two adult fingers pressed together. Lightly toast the bread strips. Next, whisk the water, juice from the lime slice, and sesame tahini until smooth, adding another splash of water to loosen the mixture as needed. There should be no clumps of sesame tahini. Spread the sauce on the toast strips. Top with sesame seeds.

Prepare the mango. Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Cut 1 half into spears. Store the other half and the pit for a future meal—or snack on it as baby eats. Sprinkle the spice on the spears, then roll in the breadcrumbs.

To Serve: Lay the sesame tahini toast and mango spears on a baby plate. Let baby self-feed by hand-scooping and trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cut mango keeps when sealed in the fridge for 4 days.

Tip: Pairing ground hot pepper with a sweet food like mango helps soften the heat from the fiery taste and introduce baby to a new flavor sensation!

Meal 2: Sesame Soba Noodles + Cauliflower Mash

Yield: 4 cups soba (4 child-sized servings)
 + 1 cup mash (1-2 child-sized servings)

Time: 30 minutes

1 package soba noodles (8-ounces)
 1 teaspoon sesame oil
 1 garlic clove
 1-inch knob fresh ginger
 ½ small onion
 1 tablespoon sesame tahini
 1 tablespoon lime juice
 1 cup cauliflower florets
 ½ cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)

Prepare the noodles. Boil the noodles until tender, about 8 minutes. Drain and rinse under cold water to cool. Stir the noodles and sesame oil in a mixing bowl. Next, peel and mince the garlic, ginger, and onion to form a paste. A small food processor or a mortar and pestle works well here! Whisk in the sesame tahini and lime juice until smooth, adding splashes of water to loosen as needed. There should be no clumps of sesame tahini. Pour the sauce over the noodles, and stir to coat. Use kitchen shears to cut up the noodles into small lengths for baby.

Prepare the cauliflower. Wash the florets, then place in a steamer basket in a small pot. Add a few splashes of water to the pot, then cover and set on medium-high heat. Cook until the florets are completely soft, about 10 minutes. Remove from the heat. Mash and mix with the water or stock. Cool to room temperature.

To Serve: Scoop some cauliflower mash into a baby bowl, sprinkle some sesame soba noodles on top, and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to pick up the food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Sesame soba noodles keep in an air-tight container in the fridge for 5 days or in the freezer for 1 month.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
48	Cinnamon Sesame Tahini Dip Banana Spears	Smashed Sardines Acorn Squash Two Ways	Acorn Squash	Fish Sesame

Meal 1: Cinnamon Tahini Dip + Banana Spears

Yield: ½ cup dip + 1 cup banana (1 child-sized serving)

Time: 5 minutes

2 teaspoons sesame tahini
½ no sugar added applesauce
1 pinch ground cinnamon
1 banana
1 teaspoon hemp seeds

Prepare the dip. Whisk the tahini, applesauce, and spice in a baby bowl until smooth, adding another scoop of applesauce to loosen as needed.

Prepare the spears. Peel the banana, cut in half crosswise, and cut into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in hemp seeds.

To Serve: Lay the bowl of dip, the banana spears, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands or pick up a spear. If baby needs help, pass a spear or a pre-loaded baby spoon in the air for baby to grab. Show baby how to dip the spoon and spears (or little fingers!) in the tahini dip and point on the plate!

To Store: Cinnamon tahini dip keeps in an air-tight container in the fridge for 5 days.

Tip: Don't like cinnamon? Skip it. Or swap it for allspice, cardamom, cloves, mace, nutmeg, or your favorite warm spice—any one would work well here!

Meal 2: Smashed Sardines + Acorn Squash Two Ways

Yield: 1 cup squash (1-2 child-sized servings)

Time: 30 minutes

1 small acorn squash
1 tablespoon olive oil
½ teaspoon garlic powder and ground sweet or smoked paprika (optional)
1 boneless sardine (ideally from a tin marked "no-salt added" and "BPA-free")
1 ripe avocado or 1 leftover avocado half
¼ teaspoon sesame oil

Prepare the acorn squash. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Wash and dry the acorn squash. Slice in half lengthwise. Scoop out and discard the seeds. Cut the halves into 1-inch handles. Coat in oil and sprinkle with spice. Evenly space the squash handles on the tray. Roast until a knife easily pierces into the squash, about 25 minutes. Remove from the oven. Peel and discard the skins. Mash half the squash until smooth. Cool to room temperature.

Prepare the sardines. Rinse the fillet to remove sodium. The tiny bones are edible and full of nutrition, but remove them if they make you nervous. Mash the fish with half of the avocado (peel and pit removed) and the sesame oil until mostly smooth, adding more avocado to loosen the mixture as needed.

To Serve: Scoop the smashed sardines, some mashed squash, 2 to 3 squash handles, and a baby spoon on a baby plate. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a spear or the pre-loaded spoon in the air for baby to grab.

To Store: Cooked squash keeps in an air-tight container in the fridge for 4 days. Cut avocado keeps in its peel for up to 3 days. Canned sardines, once opened, don't last long in the fridge—eat within a day or two. Eat them soon!

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
49	Hard-Boiled Eggs Two Ways Blackberries	Lamb Burger Sesame Hummus Cucumber Slices	Chickpea Blackberry	Egg Sesame

Meal 1: Hard-Boiled Eggs Two Ways + Blackberries

Yield: ½ cup each egg and berries (1 child-sized serving)

Time: 20 minutes

3 eggs
1 tablespoon vegan mayonnaise or yogurt
1 pinch each garlic and onion powder
6 large fresh blackberries

Prepare the eggs. Bring a pot of water to boil. Gently lower the eggs into the boiling water. Cover and cook for 10 minutes, then transfer the eggs to a bowl of ice water. Peel the eggs once they are cool to the touch. Discard the shells. Mash and mix 2 eggs, the vegan mayonnaise or yogurt, and the spices in a mixing bowl until mostly smooth. A little texture is okay but take care to smash any chunks of egg. Cut the remaining egg into quarters.

Prepare the berries. Wash and quarter the blackberries.

To Serve: Lay the berries, the quartered egg, and a baby spoon on a baby plate. Scoop the egg salad on the side. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of food or a pre-loaded spoon in the air for baby to grab.

To Store: Egg salad keeps in an air-tight container in the fridge for 5 days.

Tip: Let tart foods like blackberries come to room temperature before serving. Warmer temperatures soften the berries and the tannic flavor.

Meal 2: Lamb Burger + Sesame Hummus + Cucumber Slices

Yield: 2 cups hummus (2-4 child-sized servings)
+ 1 cup cucumber (1-2 child-sized servings)

Time: 20 minutes

1 leftover lamb burger
1 ½ cups chickpeas (ideally from a BPA-free can)
1 clove garlic
2 tablespoons each of lemon juice, olive oil, water, and sesame tahini
¼ teaspoon each ground coriander, cumin, and sweet or smoked paprika
1 small cucumber

Prepare the burger. Defrost a leftover lamb burger from the fridge or freezer. If you've run out, use the [recipe on Day 35](#) to make a fresh batch—or use any leftover burger or patty in your fridge.

Prepare the hummus. Rinse the chickpeas to remove excess sodium. Peel the garlic. You need a high-powered food processor or blender to make creamy, smooth hummus. If you don't have one, make a chickpea mash by smashing and mixing the chickpeas, garlic, lemon juice, and oil until mostly smooth. Otherwise, use the food processor or blender to combine the chickpeas, garlic, lemon juice, oil, water, tahini, and seasoning until creamy and smooth. If the hummus is too thick, add a bit more water and continue to blend as needed.

Prepare the cucumber. Wash the cucumber. Cut into thin, wide, rectangular slices with the skin on or off. (Check out the [First Foods® Database](#) for age-specific cuts!)

To Serve: Scoop some hummus onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the burger on top and 3 to 4 cucumber slices on the side. Let baby self-feed by trying to scoop with hands and pick up the burger and cucumber. If baby needs help, pass a piece of food or a pre-load spoon of hummus in the air for baby to grab.

To Store: Hummus keeps in air-tight containers in the fridge for 1 week. Fill the container of cut cucumber slices with water to keep the veggies fresh.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
50	Banana Sesame Oatmeal Orange Wedges	Cauliflower Pasta and Florets	Persimmon Orange	Peanut Sesame Wheat

Meal 1: Banana Sesame Oatmeal + Orange Wedges

Yield: 1 cup oatmeal (1 child-sized serving)

Time: 5 minutes

¾ cup leftover banana sesame oatmeal
1 ripe persimmon or ½ cup no sugar added applesauce
1 navel orange
1 teaspoon ground peanut

Prepare the oatmeal. Grab the leftover banana sesame oatmeal from the fridge. If you've run out, use the [recipe on Day 45](#) to make a fresh batch. If you are using applesauce, skip the following step and stir the applesauce into the oatmeal until smooth, adding more to loosen the mixture as needed.

Prepare the persimmon. Wash and dry the persimmon. Cut in half and remove the leaves and any seeds. Set aside one half. Scoop the flesh of the other half from its skin, then mash and mix the flesh with the oatmeal until smooth, adding splashes of warm water to loosen the mixture as needed. Sprinkle ground peanut on top.

Prepare the orange. Wash and dry the orange. Cut into wedges with the peel on. Remove any seeds hiding in the segments. Place 1 or 2 wedges on the plate.

To Serve: Stick a baby spoon in the bowl and nestle the remaining persimmon half on the side. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of fruit or a pre-loaded spoon in the air for baby to grab.

To Store: Orange wedges keep in an air-tight container in the fridge for 1 week. Cut persimmon keeps for less time—5 days when tightly wrapped.

Tip: Unripe persimmons can be astringent and bitter from the fruit's tannins. Wait until the fruit is perfectly ripe, with nearly translucent skin, before serving.

Meal 2: Cauliflower Pasta + Florets

Yield: 1 cup florets (1-2 child-sized servings)
+ 2 cups pasta (2-4 child-sized servings)

Time: 45 minutes

2 cups fresh or frozen cauliflower florets
1 cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)
¼ cup olive oil
1 cup penne
½ lemon
1 teaspoon unsalted plain breadcrumbs

Prepare the cauliflower. Wash the cauliflower florets. Place in a pot with the water or stock and set on medium-high heat. Once it boils, turn the heat down to create a gentle simmer. Cover and cook until soft, about 20 minutes. Remove the pot from the heat. Cool slightly. Scoop out and set aside half of the florets.

Prepare the sauce. Blend the remaining contents in the pot (both the liquid and the remaining florets) until smooth. Slowly pour in the oil and continue blending until creamy. A high-powered food processor, blender, or immersion blender speeds up this task, but if you don't have one, you can make the sauce in a mixing bowl. Keep the sauce warm while the pasta cooks.

Prepare the pasta. Boil the pasta until soft, about 12 minutes. Drain and return to the pot. Add the juice of the lemon, taking care to remove any fallen seeds. Add the cauliflower sauce. Stir to coat. Let rest until it is just warm to the touch.

To Serve: Scoop some florets and pasta onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle breadcrumbs on top. Let baby self-feed by scooping with hands and trying to pick the food. If baby needs help, pass a piece of food in the air to grab.

To Store: Cauliflower pasta keeps in an air-tight container in the fridge for 5 days or in the freezer for up to 1 month. Cooked cauliflower keeps in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
51	Cinnamon Quinoa Porridge	Avocado Cannellini Bean Mash Cucumber Slices	None	None

Meal 1: Cinnamon Quinoa Porridge

Yield: 1 ½ cups (1-2 child-sized servings)

Time: 30 minutes

½ cup dry quinoa
1 cup water
1 ripe persimmon or ½ cup no sugar added applesauce
1 pinch ground cinnamon

Prepare the porridge. Rinse the quinoa. Place in a pot with the water. Cover and bring to a boil, then reduce the heat to create a gentle simmer. Uncover and cook, stirring occasionally, until the grains are soft and most of the liquid has been absorbed, between 20 and 25 minutes. Turn off the heat. If you are using applesauce instead of persimmon, skip the following step and stir the applesauce and cinnamon into the porridge until smooth.

Prepare the persimmon. Wash and dry the persimmon. Cut in half and remove the leaves and any seeds. Set aside one half. Scoop the flesh of the other half from its skin, then mash and mix the flesh and the cinnamon with the porridge until smooth, adding splashes of warm water to loosen the mixture as needed.

To Serve: Scoop some porridge into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Nestle the remaining persimmon half on the side and stick a baby spoon in the bowl. Let baby self-feed by trying to scoop with hands, pick up a pre-loaded spoon, and grab the fruit. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for 1 week. Cut persimmon keeps for less time—5 days when tightly wrapped.

Meal 2: Avocado Cannellini Bean Mash

+ Cucumber Slices

Yield: 1 cup each mash + cucumber (1-2 child-sized servings)

Time: 10 minutes

¾ cup cooked cannellini beans (ideally from a BPA-free can)
1 ripe avocado or 1 leftover avocado half
1 teaspoon olive oil
1 small cucumber
1 teaspoon hemp seeds

Prepare the mash. Rinse the beans to remove excess sodium. Next, grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out and mash flesh from one half, and store the other half for a future meal—or snack on it as baby eats. Mash and mix the beans, avocado half, and oil until mostly smooth, adding another splash of oil to loosen the mixture as needed. A little texture is okay as long as there are no large clumps of beans.

Prepare the cucumber. Wash the cucumber and cut into thin, wide, rectangular slices with the skin on or off. (Check out the **First Foods® Database** for age-specific cuts!) Press the cut sides of the cucumber slices in hemp seeds.

To Serve: Scoop some bean mash into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in a baby spoon and the cucumber slices so that they are upright and/or leaning against the edge of the bowl in a way that makes it easy for baby to grab. Let baby self-feed by trying to scoop with hands, pick up a pre-loaded spoon, and grab the cucumber. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Avocado cannellini bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days. Cut cucumber slices keep in an air-tight container filled with water in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
52	Coconut Quinoa Porridge Orange Wedges	Sheet Pan Chicken Drumstick and Acorn Squash	Coconut	None

Meal 1: Coconut Quinoa Porridge + Orange Wedges

Yield: 1 cup porridge (1 child-sized serving)

Time: 10 minutes

¾ cup leftover cinnamon quinoa porridge
3 tablespoons full-fat coconut milk (ideally BPA-free if canned)
1 pinch ground cardamom or nutmeg (optional)
1 navel orange or 2-3 leftover orange wedges

Prepare the porridge. Grab the leftover porridge from the fridge. If you've run out, use the [recipe on Day 51](#) to make a fresh batch. Scoop the porridge into a baby bowl. Stir in the coconut milk and spice until smooth, adding a splash or two of warm water to loosen the mixture as needed.

Prepare the orange. Grab the leftover orange wedges from the fridge, or start fresh by washing and cutting a whole orange into wedges. Set aside 1 or 2 wedges for baby and store the rest for a future meal—or snack on the extra orange as baby eats.

To Serve: Place the bowl in front of baby and stick in a baby spoon so that it is upright and easy to grab. Lay the orange wedges on the side. Let baby self-feed by trying to scoop with hands and pick up the spoon and the fruit.

To Store: Brands of coconut milks vary greatly in expiration. Generally speaking, full-fat coconut milk from a can keeps when sealed in the fridge for 4 days, but be sure to read the fine print on the label and follow the producer's instructions.

Tip: The consistency of coconut milk also varies greatly from brand to brand. For this recipe, use a brand from Asia (which tend to be thicker and fattier) than from the Caribbean (which tend to be thinner and lighter). When opening a new can of coconut milk, dump the solids and liquid into a mixing bowl and whisk to combine, then measure out the quantity needed for the recipe. Store the rest in a glass jar in the fridge for future meals.

Meal 2: Sheet Pan Chicken Drumstick and Acorn Squash

Yield: 1 cup squash (1-2 child-sized servings)

Time: 1 hour

1 small acorn squash
1 fresh or frozen chicken drumstick
1-2 tablespoons olive oil
½ teaspoon garlic powder and ground sweet or smoked paprika (optional)
¼ cup unsweetened full-fat coconut yogurt
1 lemon slice

Prepare the squash. Preheat the oven to 350 degrees Fahrenheit / 175 degrees Celsius. Line a sheet tray with parchment paper. Wash and dry the acorn squash. Slice in half lengthwise. Scoop out and discard the seeds. Cut the halves crosswise into 1-inch handles. Evenly space on the tray.

Prepare the drumstick. Defrost the drumstick. Place on the tray with the squash. Drizzle the oil over the chicken and squash to coat. Roast until a knife easily pierces the squash, about 25 minutes. Remove the tray from the oven. Transfer the squash to a plate and flip the drumstick, then continue to bake the meat until golden and no pink remains, about 30 minutes more. Check that the drumstick's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Before serving, cool to room temperature, remove any skin and loose cartilage from the drumstick, and peel the squash skins.

To Serve: Mash 2 or 3 squash handles on a baby plate and lay 1 or 2 whole handles, the drumstick, and a baby spoon on the side. Let baby self-feed by trying to hand-scoop and pick up the spoon and the food. If baby needs help, pass a pre-loaded spoon or a piece of food in the air for baby to grab.

To Store: Cooked squash keeps in an air-tight container in the fridge for 4 days.

Tip: Chia seed pudding is on the menu for tomorrow! Make it today to allow the pudding to thicken overnight in the fridge.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
53	Banana Chia Seed Pudding Peanut Butter "Paint"	Cauliflower Pasta Sauteed Collard Greens	Chia Seeds Collard Greens	Peanut Wheat

Meal 1: Banana Chia Seed Pudding + Peanut Butter "Paint"

Yield: 2 cups (2-4 child-sized servings)

Time: 1 hour or overnight

1 ripe banana
 ¾ cup full-fat coconut milk (ideally BPA-free if canned)
 3 tablespoons chia seeds
 1 pinch cardamon, cinnamon, nutmeg, or another warm spice (optional)
 1 teaspoon ground peanut
 1 teaspoon smooth peanut butter

Prepare the pudding. Peel and mash the banana. Transfer to a small glass jar with a sealed lid. A 2-cup mason jar works perfectly! Add the coconut milk, chia seeds, and seasoning to the jar. Seal then shake vigorously to combine. Place the jar in the fridge to chill until the seeds have expanded and the mixture has thickened, at least 1 hour. Shake every 10 minutes or so to emulsify the mixture and help speed up the process. Alternatively, make chia seed pudding the night before serving and let it set overnight in the fridge. No need to shake!

Prepare the paint. Whisk the peanut butter with warm water until smooth—like paint!—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Scoop some pudding onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground peanut on top of the pudding, then place the plate, the bowl of paint, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and grab the spoon. Show baby how to dip the spoon (or little fingers!) in the loosened peanut butter and paint on the plate!

To Store: Chia seed pudding keeps in the fridge for 1 week.

Meal 2: Cauliflower Pasta + Sauteed Collard Greens

Yield: 1 cup each pasta + collards (1-2 child-sized servings)

Time: 15 minutes

1 cup fresh or frozen collard green leaves
 1 tablespoon olive oil
 1 garlic clove
 2 orange wedges
 1 cup leftover cauliflower pasta
 1 teaspoon unsalted plain breadcrumbs

Prepare the collards. Defrost, wash, and dry the collard greens. Tear any large kale leaves from their woody stalks. Peel and mince the garlic. Warm the oil in a skillet set on medium heat. When it shimmers, add the garlic and stir to coat. Cook until fragrant, about 1 minute, then add the collards and cook, stirring occasionally, until bright green and wilted, about 5 minutes. Stir in the juice from the orange wedges. Continue cooking until the greens are very soft, about 5 minutes more. Remove from the heat. Mince the collards. Cool to room temperature.

Prepare the pasta. Grab the leftover pasta from the fridge. If you've run out, use the [recipe on Day 50](#) to make a fresh batch—or use any leftover pasta, mashed veggie, or mashed beans in your fridge. Loosen leftover pasta by stirring in a splash of warm water, adding more as needed until the pasta does not stick together in clumps.

To Serve: Scoop the pasta into a baby bowl and sprinkle breadcrumbs on top. Nestle some collards on the side. Let baby self-feed by trying to scoop with hands and pick up the food. If baby needs help, pass a piece of pasta in the air for baby to grab.

To Store: Cooked collards keep in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
54	Cinnamon Squash Oatmeal with Ground Peanut	Cajun Catfish Lemony Ricotta Cheese Sweet Potato Wedges	Butternut Squash	Cow's Milk Fish Peanut

Meal 1: Cinnamon Squash Oatmeal with Ground Peanut

Yield: 1 cup (1 child-sized serving)

Time: 15 minutes

½ cup dry instant oats or oatmeal
1 cup whole milk
2 tablespoons butternut squash or pumpkin puree (ideally from a BPA-free can)
1 pinch each ground cinnamon and nutmeg
½ teaspoon ground peanut

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the milk to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Stir in the butternut squash puree and seasonings until mostly smooth, adding a splash of milk to loosen the mixture as needed. A little texture is okay as long as there are no large clumps. Cool to room temperature. Sprinkle ground peanut on top.

To Serve: Scoop some oatmeal onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick a baby spoon in the bowl. Let baby self-feed by trying to scoop with hands and grab the spoon. If baby needs help, pass a pre-loaded spoon in the air for baby to grab—or try laying it on the table for baby to pick up.

To Store: Cooked oatmeal keeps in an air-tight container in the fridge for 1 week.

Tip: Keep an eye on labels of canned vegetables. They often contain added sodium, added sugar, and added seasonings. Choose brands with the fewest added ingredients as possible.

Meal 2: Cajun Catfish + Lemony Ricotta Cheese + Sweet Potato Wedges

Yield: 1 ounce fish + ¼ cup dip + 1 cup potato (1-2 child-sized servings)

Time: 45 minutes

1 medium sweet potato
1 tablespoon olive oil
1 ounce leftover Cajun catfish (about the size of two adult pinky fingers)
1 tablespoon unsalted butter
¼ cup fresh whole milk ricotta cheese
1 lemon slice

Prepare the potato. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Peel the potato skin, then cut the flesh into wedges. Coat with the oil. Evenly space on the tray. Roast for 15 minutes, then flip the wedges and continue to roast for 15 minutes. Remove from the oven. Cool to room temperature.

Prepare the fish. Defrost the leftover Cajun catfish. If you've run out, use the [recipe on Day 42](#) to make a fresh batch—or swap in your fish of choice. Canned salmon would be tasty—just make sure to rinse canned fish to remove excess sodium. Melt the butter and pour over the fish to warm them.

Prepare the dip. Whisk the ricotta cheese and the juice from the lemon slice until smooth, taking care to remove any fallen seeds.

To Serve: Scoop the dip into a baby bowl and lay the fish, 2 to 3 potato wedges, and a baby spoon on top. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up pieces of food.

To Store: Cooked potato keeps in an air-tight container in the fridge for 3 days.

Tip: Chia seed pudding is on the menu tomorrow! If you've run out, use the [recipe on Day 53](#) to make it today so it can thicken overnight in the fridge.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
55	Banana Peanut Butter Chia Seed Pudding Mango Spears with Ground Peanut	Baba Ghanoush (Eggplant Dip) Cucumber Slices	Eggplant	Cow's Milk Peanut

Meal 1: Banana Peanut Butter Chia Seed Pudding + Mango Spears with Ground Peanut

Yield: ½ cup each pudding + mango (1 child-sized serving)

Time: 5 minutes

½ cup leftover banana chia seed pudding
2 teaspoons smooth peanut butter
1 ripe mango or 1 leftover mango half
1 teaspoon ground peanut

Prepare the pudding. Grab the banana chia seed pudding from the fridge. If you're out of leftovers, use the [recipe on Day 53](#) to make a fresh batch. Mix the pudding and peanut butter in a baby bowl until smooth, adding a splash of leftover coconut milk or water to loosen as needed. There should be no clumps of peanut butter.

Prepare the mash. Grab the leftover mango from the fridge. If starting with a fresh mango, wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Store the mango pit and a mango half for a future meal—or snack on it as baby eats. Cut the remaining half into spears. Roll in ground peanut.

To Serve: Place the bowl in front of baby and stick in the mango spears and a baby spoon so they are upright or laying against the edge of the bowl in a way that makes it easy for baby to grab. Let baby self-feed by trying to scoop with hands, grab the spears, and pick up the spoon. Encourage baby by pre-loading the spoon and laying it on the side of the bowl for baby to pick up—or pass it in the air to grab if baby needs help.

To Store: Cut mango keeps when sealed in the fridge for 4 days.

Meal 2: Baba Ghanoush (Eggplant Dip) + Cucumber Slices

Yield: 2 cups baba ghanoush (2-4 child-sized servings)

Time: 1 hour

1 medium Italian eggplant
1 small onion
2 garlic cloves
2 tablespoons olive oil, separated
2 tablespoons Greek yogurt or unsweetened whole milk yogurt of choice
1 tablespoon lemon juice
¼ teaspoon each ground cumin, coriander, and sweet paprika
3 to 4 leftover cucumber slices

Prepare the veggies. Preheat the oven to 425 degrees Fahrenheit / 220 degrees Celsius. Line a sheet tray with parchment paper. Use a fork to pierce holes on all sides of the eggplant. Place on the tray, along with the whole, unpeeled garlic cloves. Slice the onion in half and place on the sheet tray. Coat the veggies with 1 tablespoon of oil. Roast until the eggplant skin has crisped and started to collapse, and the onion and garlic are brown and soft, about 45 minutes. About 30 minutes into the roast, check that the onion and garlic are not burning and remove them from the oven if needed.

Prepare the baba ghanoush. Remove the tray from the oven. Let the eggplant cool for a few minutes, then cut it lengthwise and twist the knife to let the steam escape. Use a spoon to scrape the flesh into a mixing bowl. Peel the skins from the garlic and onion, then mince. Mash and mix the eggplant, onion, garlic, remaining 1 tablespoon of olive oil, yogurt, lemon juice, and seasoning until mostly smooth, adding more yogurt as needed to loosen the mixture.

To Serve: Scoop some baba ghanoush onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay a baby spoon and the cucumber slices on the side. Let baby self-feed by scooping with hands and trying to pick up the food and spoon. If baby needs help, pass a pre-loaded spoon in the air to grab if baby needs help.

To Store: Baba ghanoush keeps in an air-tight container in the fridge 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
56	Scrambled Eggs Sauteed Collard Greens	Carrot Sesame Hummus Watermelon	Watermelon	Cow's Milk Egg Sesame

Meal 1: Scrambled Eggs + Sauteed Collard Greens

Yield: ½ cup eggs + 1 cup collards (1-2 child-sized servings)

Time: 15 minutes

1 cup fresh or frozen collard greens
1 tablespoon olive oil
1 garlic clove
2 leftover orange wedges
2 eggs
1 tablespoon whole milk
1 tablespoon unsalted butter
½ teaspoon sesame seeds

Prepare the collard greens. Defrost, wash, and dry the greens. Tear any large collard leaves from their woody stalks. Peel and mince the garlic. Warm the oil in a skillet set on medium heat. When it shimmers, add the garlic and stir to coat. Cook until fragrant, about 1 minute, then add the collards and cook, stirring occasionally, until bright green and slightly wilted, about 5 minutes. Add the juice from the orange wedges and stir to coat. Continue cooking until the greens are completely soft, about 5 minutes more. Remove from the heat. Mince the collards. Cool to room temperature.

Prepare the eggs. Whisk the eggs and milk. Melt the butter in a non-stick skillet set on medium-low heat. When it is done foaming, pour in the egg mixture. Cook, stirring frequently, until the eggs are fluffy and fully set, about 5 minutes.

To Serve: Scoop some collards and the eggs onto a baby plate. Sprinkle sesame seeds on top. Place the plate in front of baby and lay a baby spoon on the side. Let baby self-feed by scooping with hands and practicing with the spoon.

To Store: Cooked eggs and collard greens keep in air-tight containers in the fridge for 4 days.

Meal 2: Carrot Sesame Hummus + Watermelon

Yield: 1 cup hummus (1 child-sized serving)

Time: 20 minutes

2 medium carrots
½ cup leftover sesame hummus
1 teaspoon olive oil
1 lemon juice
1 wedge or 2 to 3 rectangular strips watermelon (or any sweet melon)

Prepare the hummus. Grab the sesame hummus from the fridge. If you've run out, use the [recipe on Day 49](#) to make a fresh batch. Bring a pot of water to a boil. Wash, peel, and chop the carrots. Place in the boiling water, then reduce the heat to create a gentle simmer. Cook until a knife easily inserts into the thickest piece, about 15 minutes. Drain. Mash and mix the hummus, carrots, olive oil, and lemon juice until mostly smooth, adding warm water to loosen the mixture as needed. A little texture is okay but there should be no large clumps of carrot. Let cool to room temperature.

Prepare the watermelon. Wash, dry, and remove any rind and seeds from the watermelon. If you are starting fresh with whole melon, cut a wedge or thin rectangular slices about the width and length of two adult fingers pressed together.

To Serve: Scoop some hummus onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay a baby spoon and the watermelon on the side. Let baby self-feed by scooping with hands and trying to pick up the fruit and spoon. Encourage utensil use by laying a pre-loaded spoon on the side of the bowl to pick up—or pass the spoon in the air if baby needs help.

To Store: Baba ghanoush keeps in an air-tight container in the fridge for 5 days. Cut cucumber keeps in an air-tight container filled with water in the fridge for 1 week.

Tip: Chia seed pudding is on the menu tomorrow! If you've run out, use the [recipe on Day 53](#) to make it today so it can thicken overnight in the fridge.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
57	Banana Chia Seed Pudding Mashed Pineapple	Moong Dal (Yellow Lentils) Rutabaga Wedges	Pineapple Rutabaga or Turnip	None

Meal 1: Banana Chia Seed Pudding + Mashed Pineapple

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

½ cup leftover banana chia seed pudding
½ cup fresh or canned pineapple (ideally with no added sugar if canned)
1 teaspoon hemp seeds

Prepare the pudding. Grab the banana chia seed pudding from the fridge and scoop into a baby bowl. If you've run out, use the [recipe on Day 53](#) to make a fresh batch.

Prepare the pineapple. Wash the pineapple. Mash and mix with the chia seed pudding until smooth. Sprinkle hemp seeds on top.

To Serve: Stick a baby spoon in the bowl. Let baby self-feed by trying to scoop with hands and grab the spoon. Encourage utensil use by laying a pre-loaded spoon on the side of the bowl to pick up—or pass the spoon in the air if baby needs help.

To Store: Cut pineapple or an open can of pineapple keeps when sealed in the fridge for 5 days.

Meal 2: Moong Dal (Yellow Lentils) + Rutabaga Wedges

Yield: 1 cup each dal + rutabaga (1-2 child-sized servings)

Time: 20 minutes

1 medium rutabaga or turnip (about the size of a softball)
1 teaspoon olive oil
1 lemon slice
1 cup leftover cooked moong dal (yellow lentils)
2 tablespoons water or unsalted stock (ideally BPA-free if canned)

Prepare the rutabaga. Wash and peel the skin. Slice into wedges. Place in a steamer basket in a pot and add a few splashes of water to the pot. Cover and set on medium-high heat. Cook until very soft, about 15 minutes. Remove from the heat and transfer to a bowl. Drizzle the olive oil and the juice from the lemon over the rutabaga, taking care to remove any fallen seeds. Gently toss to coat. Cool to room temperature.

Defrost the moong dal. Grab the moong dal from the freezer. If you've run out, use the dairy-free [recipe on Day 46](#) to prepare a fresh batch. Otherwise, reheat the leftover dal with the water or stock, stirring until smooth and adding more liquid to loosen the mixture as needed.

To Serve: Scoop the moong dal into a baby bowl. Stick in a baby spoon and 2 to 3 wedges so that they are upright or laying on the edge of the bowl in a way that is easy for baby to grab. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the wedges. Encourage utensil use by laying a pre-loaded spoon on the side of the bowl to pick up—or pass the spoon in the air if baby needs help.

To Store: Cooked rutabaga keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
58	Avocado Tofu Mash Peach or Nectarine Half	Edamame (Fresh Soybeans) Mashed Rutabaga	Tofu Edamame	Soy

Meal 1: Avocado Tofu Mash + Peach or Nectarine Half

Yield: 1 cup mash (1-2 child-sized servings)

Time: 10 minutes

1 ripe avocado or 1 leftover avocado half
1 ounce firm tofu (about the size of an adult thumb)
½ teaspoon olive oil
1 ripe peach or nectarine
1 teaspoon hemp seeds

Prepare the mash. Grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out and mash flesh from one half, and store the other half for a future meal—or snack on it as baby eats! Next, rinse, dry, and mince the tofu. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, add the tofu and stir to coat. Cook until golden, about 3 minutes. Remove from the heat. Mash and mix the avocado and tofu. Cool to room temperature.

Prepare the peach. Wash the peach or nectarine and cut lengthwise around the pit. Gently twist the halves in opposite directions to separate them. Remove the pit. Roll the cut side of one half in hemp seeds. Reserve the other for a future meal—or snack on it as baby eats.

To Serve: Scoop the mash onto a baby plate and lay the peach half and a baby spoon on the side. Let baby self-feed by trying to scoop with hands and grab the spoon and fruit. If baby needs help, pass a piece of food or a pre-loaded spoon in the air for baby to grab.

To Store: An open package of firm tofu keeps when sealed in the fridge for 3 days. Cut peach or nectarine keeps when sealed in the fridge for 3 days.

Meal 2: Edamame (Fresh Soybeans) + Mashed Rutabaga

Yield: ¼ cup each edamame + ½ cup rutabaga (1 child-sized serving)

Time: 10 minutes

¼ cup frozen shelled edamame (fresh soybeans)
1 garlic clove
1-inch knob fresh ginger
1 teaspoon olive oil
2 lime or lemon slices
2 to 3 leftover rutabaga or turnip wedges

Prepare the edamame. Rinse the beans with hot water to defrost. Peel and mince the garlic and ginger. Warm the oil to a skillet set on medium heat. When it shimmers, add the minced garlic and ginger and stir to coat. Cook until fragrant, about 1 minute. Add the edamame and stir to coat. Cook until the beans have brightened in color, about 1 minute. Remove from the heat. Drizzle with the juice of the citrus slice, taking care to remove any fallen seeds. Stir to coat. Cool to room temperature. Use a fork to flatten the beans, which should split in half and release their skins under pressure.

Prepare the rutabaga. Grab the leftover rutabaga from the fridge. If you've run out, use the [recipe on Day 57](#) to make a fresh batch—or use any leftover veggie in the fridge. Mash the wedges until mostly smooth, adding a splash of warm water to loosen the mixture as needed.

To Serve: Scoop the rutabaga mash into a baby bowl and stick in a baby spoon. Sprinkle smashed edamame on top. Let baby self-feed by trying to scoop with hands and grab the spoon. If baby needs help, pass a piece of food or a pre-loaded spoon in the air for baby to grab.

To Store: Cooked edamame keeps in an air-tight container in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
59	Tofu Strips Mango Pineapple Mash	Edamame (Fresh Soybeans) Polenta (Corn Grits)	None	Soy

Meal 1: Tofu Strips + Mango Pineapple Mash

Yield: ¼ cup tofu + 1 cup mash (1-2 child-sized servings)

Time: 10 minutes

2 ounces firm tofu (1 ounce is about the size of an adult thumb)
1 teaspoon olive oil
1 ripe mango
½ cup fresh or canned pineapple (ideally with no added sugar if canned)

Prepare the tofu. Rinse, dry, and cut the tofu into 2 or 3 strips. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, add the tofu and stir to coat. Cook until golden, about 3 minutes, then flip and lightly toast the other side, about 2 minutes more. Remove from the heat. Cool to room temperature.

Prepare the mash. Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Store the mango pit and a mango half for a future meal—or snack on it as baby eats. Mash the remaining half. Next, wash the pineapple. Mash and mix with the mango until smooth.

To Serve: Scoop the mash into a baby bowl, lay the tofu strips on top, and stick in a baby spoon. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the tofu strips. If baby needs help, pass a piece of food or a pre-loaded spoon in the air for baby to grab.

To Store: An open package of firm tofu keeps when sealed in the fridge for 3 days. Cut mango keeps when sealed in the fridge for 4 days. Cut pineapple or an open can of pineapple keeps when sealed in the fridge for 5 days.

Meal 2: Edamame (Fresh Soybeans) + Polenta (Corn Grits)

Yield: ¼ cup edamame (1 child-sized serving)
+ 2 cups polenta (2-4 child-sized servings)

Time: 30 minutes

½ cup dry instant polenta (corn grits)
2 cups water or unsalted meat or vegetable stock (ideally BPA-free if canned)
¼ cup fresh or frozen shelled edamame (fresh soybeans)
1 teaspoon olive oil
2 lemon or lime slices

Prepare the polenta. Bring the water or stock to a boil. Turn the heat to low then slowly whisk in the polenta. Cook uncovered and stirring frequently for 5 minutes, then turn off the heat and cover. Let stand until thick, about 5 minutes. Uncover and cool to room temperature.

Prepare the edamame. Rinse the beans with hot water to defrost. Warm the oil to a skillet set on medium heat. When it shimmers, add the edamame and stir to coat. Cook until the beans brighten in color, about 1 minute. Remove from the heat. Drizzle with the juice of the citrus slice, taking care to remove any fallen seeds. Stir to coat. Cool to room temperature. Use a fork to flatten the beans, which should split in half and release their skins under pressure.

To Serve: Scoop some polenta into a baby bowl and stick in a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle the edamame on top. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the smashed edamame. If baby needs help, pass a piece of food or a pre-loaded spoon in the air for baby to grab.

To Store: Cooked polenta keeps in air-tight containers in the fridge for 3 days or in the freezer for up to 2 months. Cooked edamame keeps in an air-tight container in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
60	Tofu-Egg Omelet Strips Sauteed Kale	Chicken Liver Two Ways Cauliflower Mash	None	Cow's Milk Egg Soy

Meal 1: Tofu-Egg Omelet Strips + Sauteed Kale

Yield: 1 cup omelet (1-2 child-sized servings)
+ ½ cup kale (1 child-sized serving)

Time: 15 minutes

1 cup packed fresh or frozen kale leaves
2 teaspoons olive oil, separated
2 ounces firm tofu (1 ounce is about the size of an adult thumb)
2 eggs

Prepare the kale. Defrost, wash, and dry the greens. Tear any large kale leaves from their woody stalks. Warm 1 teaspoon of oil in a skillet set on medium heat. When it shimmers, add the kale and stir to coat. Cook, stirring occasionally, until bright green and slightly wilted, about 5 minutes. Stir in the juice from the citrus wedges, taking care to remove any fallen seeds. Continue cooking until the greens are very soft, about 5 minutes more. Remove from the heat. Return the skillet to the stovetop.

Prepare the omelet. Rinse, dry, and mince the tofu. Whisk the eggs, tofu, and half the minced kale. Warm the remaining 1 teaspoon of oil in the skillet set on medium heat. When it shimmers, pour in the egg mixture. Cover and reduce the heat to low. Cook until the eggs are firm and the edges have started to curl, about 5 minutes. Use a spatula to fold the omelet in half. Cook until the omelet's inside is completely done, about 3 minutes more. Remove from the pan. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

To Serve: Lay the minced kale, some omelet strips, and a baby spoon on a baby plate. Let baby self-feed by trying to hand-scoop and pick up the spoon. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. An open package of firm tofu keeps when sealed in the fridge for 3 days.

Meal 2: Chicken Liver Two Ways + Cauliflower Mash

Yield: ¼ cup chicken liver (1-2 child-sized servings)
+ 1 cup cauliflower (1-2 child-sized servings)

Time: 30 minutes

1 tablespoon leftover chicken liver pâté
1 fresh or frozen chicken liver
2 cups + 3 tablespoons water, separated
2-3 baby crackers or teething rusks
1 cup cauliflower florets

Prepare chicken liver pâté. Defrost the chicken liver pâté. If you've run out, use the [recipe on Day 5](#) to prepare a fresh batch. If it is thick, whisk in 1 tablespoon of water to loosen until smooth. Spread the pâté on the crackers or rusks.

Prepare chicken liver strips. Defrost the meat and cut off connective tissue. Bring 2 cups of water to a boil. Add the liver and reduce the heat to create a gentle simmer. Cook until firm and no pink remains, about 7 minutes. Check that the liver's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Transfer the liver to a cutting board, but keep the poaching liquid in the pot. Cool the liver to room temperature, then slice into strips.

Prepare the mash. Add the florets to the pot with the liver's poaching liquid and bring back to a boil, then turn the heat to medium-low and cover. Cook until soft, about 10 minutes. Drain. Mash and mix the florets and the remaining 1 tablespoon of water until smooth. Cool to room temperature.

To Serve: Lay the crackers or rusks, chicken liver strips, some cauliflower mash, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and grab the spoon and crackers or rusks. If baby needs help, pass a pre-loaded spoon or a cracker or rusk in the air for baby to grab.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
61	Mango Sesame Tahini Yogurt Mango Spears with Sesame Seeds	Peanut Tofu Strips Mangú (Mashed Plantain)	Plantain	Cow's Milk Peanut Sesame Soy

Meal 1: Mango Sesame Tahini Yogurt + Mango Spears with Sesame Seeds

Yield: ½ cup yogurt + ½ cup mango (1-2 child-sized servings)

Time: 5 minutes

½ cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons sesame tahini
1 leftover mango half and mango pit
1 teaspoon sesame seeds

Prepare the mango. Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Store the mango pit for a future meal—or snack on it as baby eats. Mash one half of mango flesh and cut the other half into spears. Roll the spears in sesame seeds.

Prepare the yogurt. Whisk the yogurt, mashed mango, and sesame tahini in a baby bowl until smooth, adding more yogurt to loosen the mixture as needed. There should be no clumps of sesame tahini.

To Serve: Stick a baby spoon and the spears in the bowl so that they are upright or laying against the edge of the bowl in a way that makes it easy for baby to grab. Let baby self-feed by trying to scoop with hands and pick up the spoon and the spears. If baby needs help, pass a pre-loaded spoon or a mango spear in the air for baby to grab.

To Store: Sesame tahini yogurt keeps in an air-tight container in the fridge for 1 week. Cut mango keeps when sealed in the fridge for 4 days.

Tip: Don't despair when baby wants to eat with hands instead of a spoon. Learning to use utensils is tough work that takes practice and time! Keep offering the utensil and encouraging baby by pre-loading it with food, but be patient and flexible. Let baby choose how to eat—eventually utensils prevail.

Meal 2: Peanut Tofu Strips + Mangú (Mashed Plantain)

Yield: ¼ cup tofu (1 child-sized serving)

+ 2 cups plantain (2 child-sized servings)

Time: 45 minutes

2 ripe plantain (sweet plantain, yellow to black peel in color)
4 cups water or unsalted meat or vegetable stock (ideally BPA-free if canned)
1 small onion
2 tablespoons coconut oil, separated
2 ounces firm tofu (1 ounce is approximately the size of your thumb)
1 tablespoon smooth peanut butter

Prepare the mangú. Wash the plantains. Cut off the tips, then cut cross-wise into thirds—don't worry about peeling the plantains just yet. Bring the water or stock to a boil. Add the plantains. Turn the heat to medium-low. Cover and cook for 30 minutes. Reserve 1 cup of cooking liquid, then drain the pot. Peel the skin, then mash the flesh until smooth, adding some reserved cooking liquid to loosen as needed. Next, peel and mince the onion. Warm 1 ½ tablespoons of oil in a skillet set on medium heat. When it shimmers, add the onion. Cook until soft, about 5 minutes. Stir in the plantains and the rest of the reserved cooking liquid.

Prepare the tofu. Rinse, dry, and cut the tofu into 2 or 3 strips. Warm the remaining ½ tablespoon of oil in a non-stick skillet set on medium heat. When it shimmers, add the tofu and stir to coat. Cook until golden, about 3 minutes, then flip and lightly toast the other side, about 2 minutes more. Remove from the heat. Meanwhile, whisk the peanut butter and 1 tablespoon of water until smooth, adding more water to loosen the mixture as needed. It should be saucy with no clumps of peanut butter. Coat the tofu strips in the sauce.

To Serve: Once the food has cooled to room temperature, scoop some mangú onto a baby plate and lay some tofu strips and a baby spoon on the side. Let baby self-feed by hand-scooping and trying to pick up the spoon and tofu strips.

To Store: Mangú keeps in an air-tight container in the fridge for 1 week. An open package of firm tofu keeps when sealed in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
62	Creamy Wheat Farina Raspberries Two Ways	Salmon Tofu Mash Sauteed Spinach	None	Cow's Milk Fish Soy Wheat

Meal 1: Creamy Wheat Farina + Raspberries Two Ways

Yield: 2 cups wheat farina (2 child-sized servings)

Time: 10 minutes

1 cup whole milk
 ¼ cup dry wheat farina
 1 cup fresh or frozen raspberries

Prepare the wheat farina. Bring the milk to a boil. Pour in the wheat farina, whisking to prevent lumps. Turn the heat to medium-low. Cook, stirring occasionally, until soft and thick, about 3 minutes. Remove from the heat.

Prepare the berries. Wash the raspberries. If you have fresh, juicy, ripe raspberries, set aside the largest one to serve whole. Otherwise, mash the berries until mostly smooth. Stir into the porridge.

To Serve: Scoop the wheat farina into a baby bowl. Place the bowl, the whole raspberry, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands and pick up the spoon and the berry. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl for baby to try to pick up.

To Store: Cooked wheat farina porridge keeps in an air-tight container in the fridge for 3 days.

Tip: A big, soft raspberry can actually present a lower choking risk compared to a small firm berry. If the shape makes you nervous, you can always flatten them between your fingers or cut them into halves or quarters.

Meal 2: Salmon Tofu Mash + Sauteed Spinach

Yield: ¾ cup mash + 1 cup spinach (1-2 child-sized servings)

Time: 15 minutes

2 ounces firm tofu (1 ounce is approximately the size of your thumb)
 2 teaspoons olive oil, separated
 1 ounce "no salt-added" wild sockeye salmon (ideally from a BPA-free container)
 ½ cup Greek yogurt or unsweetened whole milk yogurt of choice
 1 cup packed fresh or frozen spinach
 1 lemon or lime wedge

Prepare the tofu. Rinse, dry, and mince the tofu. Warm 1 teaspoon of oil in a non-stick skillet set on medium heat. When it shimmers, add the tofu and stir to coat. Cook until golden, about 3 minutes. Remove from the heat. Cool to room temperature.

Prepare the mash. Measure the fish: 1 ounce is about the size of two adult pinky fingers. Rinse to remove sodium, then break into flakes. Mash and mix the fish, cooked tofu, and yogurt until mostly smooth, adding more yogurt to loosen the mixture as needed.

Prepare the spinach. Defrost, wash, and dry the greens. Warm the remaining 1 teaspoon of oil in a skillet. When it shimmers, add the spinach and stir to coat. Cook until soft and wilted, about 3 minutes. Remove from the heat. Chop the greens, then stir in the juice of the citrus wedge.

To Serve: Scoop the mash and some spinach onto a baby plate and lay a baby spoon on the side. Let baby self-feed by hand-scooping and grabbing the spoon.

To Store: An open can of salmon keeps when sealed in the fridge for 2 days. An open package of firm tofu keeps when sealed in the fridge for 3 days. Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
63	Avocado Cannellini Bean Mash Tomato Wedges	Lamb Chop Mangú (Mashed Plantain) Cantaloupe	Cantaloupe	None

Meal 1: Avocado Cannellini Bean Mash + Tomato Wedges

Yield: 1 cup mash (1-2 child-sized servings)

Time: 10 minutes

¾ cup cooked cannellini beans (ideally from a BPA-free can)
1 ripe avocado or 1 leftover avocado half
1 teaspoon olive oil
1 ripe beefsteak tomato

Prepare the mash. Rinse the beans to remove excess sodium. Next, grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out and mash flesh from one half, and store the other half for a future meal—or snack on it as baby eats. Mash and mix the beans, avocado half, and oil until mostly smooth, adding another splash of oil to loosen the mixture as needed. A little texture is okay as long as there are no large clumps of beans.

Prepare the tomato. Wash and dry the tomato. Slice into wedges about the size of two adult fingers pressed together.

To Serve: Scoop some bean mash onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place 2 or 3 tomato wedges and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, pick up a pre-loaded spoon, and grab the wedges.

To Store: Avocado cannellini bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days. Cut tomato should be eaten sooner; it keeps for up to 3 days when tightly wrapped in the fridge

Meal 2: Lamb Chop + Mangú (Mashed Plantain) + Cantaloupe

Yield: 1 chop + 1 cup mangú + ½ cup melon (1 child-sized serving)

Time: 15 minutes

1 small fresh or frozen lamb chop on the bone
1 teaspoon olive oil
1 cup leftover mangú (mashed plantain)
1 cantaloupe handle or 2-3 rectangular strips cantaloupe (or any sweet melon)

Prepare the lamb. Defrost the chop. Warm the oil in a skillet. When it shimmers, add the chop and cook until browned, about 4 minutes. Flip the chop, then brown the other side, between 3 and 6 minutes more depending on thickness. Check that the chop's internal temperature has reached 160 degrees Fahrenheit / 70 degrees Celsius. Remove from the heat and cool. Remove any loose gristle.

Prepare the plantains. Grab the leftover mangú from the fridge. If you've run out, use the [recipe on Day 61](#) to make a fresh batch—or swap in whatever leftover mashed veggie you have on hand. Stir in splashes of warm water to loosen the mangú until smooth and spreadable.

Prepare the melon. Wash, dry, and remove any rind and seeds from the melon slices. If you are starting fresh with whole melon, slice into wedges or thin rectangles about the width and length of two adult fingers pressed together.

To Serve: Scoop the plantains onto a baby plate and lay the lamb chop and melon on the side. Let baby self-feed by trying to scoop with hands, pick up a pre-loaded spoon, and grab the meat and fruit.

To Store: Cooked lamb chop keeps in an air-tight container in the fridge for 3 days. Cut cantaloupe keeps for the same amount of time when sealed.

Tip: At this stage, babies are just starting to learn how to bite and chew. As a result, they don't consume much meat, but simply sucking on meat and bone offers lots of nutrition. If you like, slice the chop's meat for other family members, and let baby hold and munch on the bone.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
64	Banana Oatmeal with Ground Walnut Stewed Apple	Moong Dal (Yellow Lentils) Lemony Broccoli Florets	Walnut	Tree Nut (Walnut)

Meal 1: Banana Oatmeal with Ground Walnut + Stewed Apple

Yield: 2 cups oatmeal (2 child-sized servings)

+ 1 cup apple (1-2 child-sized servings)

Time: 20 minutes

½ cup dry instant oats or oatmeal

1 cup water

1 ripe banana

¼ teaspoon ground walnut

1 apple

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Peel the banana, then mash and mix the banana with the oatmeal until mostly smooth, adding a splash of warm water to loosen the mixture as needed. Cool to room temperature.

Prepare the apple. Wash, peel, and halve the fruit. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat. Cover and cook until soft, about 10 minutes. Remove the apple halves from liquid. Cool to room temperature.

To Serve: Scoop some banana oatmeal into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground walnut on top. Stick in a baby spoon so that it is upright and or leaning against the edge of the bowl in a way that is easy for baby to grab. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the apple. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Banana oatmeal and stewed apple keep in air-tight containers in the fridge for 1 week.

Meal 2: Moong Dal (Yellow Lentils) + Lemony Broccoli Florets

Yield: 1 cup each dal + florets (1-2 child-sized servings)

Time: 20 minutes

1 cup leftover moong dal (yellow lentils)

2 tablespoons water or unsalted stock (ideally BPA-free if canned)

1 cup fresh or frozen broccoli florets

1 teaspoon olive oil

1 lemon or lime wedge

Prepare the dal. Defrost the moong dal. If you've run out, use the [recipe on Day 46](#) to prepare a fresh batch. Otherwise, reheat the leftover dal with the water or stock, stirring until smooth and adding more liquid as needed to loosen the mixture. Once it is smooth with no clumps, remove from the heat and let cool.

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water to the pot. Cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature. Drizzle the oil and the juice from the lemon over the broccoli, taking care to remove any seeds that fall in.

To Serve: Scoop the dal into a baby bowl and stick in some florets and a baby spoon. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the florets. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Cooked broccoli keeps in an air-tight container in the fridge for 1 week.

Tip: When making moong dal and other big batches of bean recipes, measure leftovers into ½ cup sealed containers before freezing for fast access to child-sized servings at future mealtimes.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
65	Tofu-Egg Omelet Strips Stewed Apple with Ground Walnut	Beet Walnut Mash Cucumber Slices Cantaloupe	Beet	Cow's Milk Egg Sesame Soy Tree Nut (Walnut)

Meal 1: Tofu-Egg Omelet Strips + Stewed Apple with Ground Walnut

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

½ cup leftover tofu-egg omelet strips
1 leftover stewed apple half
½ teaspoon ground walnut

Prepare the omelet. Grab the leftover omelet from the fridge. If you've run out, use the omelet [recipe on Day 60](#).

Prepare the apple. Grab the leftover omelet from the fridge. If you've run out, use the apple [recipe on Day 64](#). Sprinkle the ground walnut on the apple.

To Serve: Place the omelet strips and stewed apple half next to each other on a baby plate. Let baby self-feed by trying to scoop with hands and pick up the omelet strips and apple. If baby needs help, pass a piece of food in the air to grab.

Meal 2: Beet Walnut Mash + Cucumber Slices + Cantaloupe

Yield: 2 cups mash + 1 cup cucumber (2-4 child-sized servings)
+ ¼ cup melon (1 child-sized serving)

Time: 20 minutes

1 large beet (~the size of a softball) or 6 ounces pre-cooked packaged beets
1 garlic clove
½ cup fresh whole milk ricotta cheese or mascarpone cheese
2 tablespoons ground walnut
2 tablespoons each olive oil, lemon juice, and sesame tahini
1 small cucumber
1 teaspoon hemp seeds
1 cantaloupe handle or 2-3 rectangular strips cantaloupe (or any sweet melon)

Prepare the mash. If you are starting with a whole beet, scrub the root, peel the skin, and slice into wedges. Peel the garlic. Blend the beet, garlic, cheese, walnut, oil, lemon juice, and sesame tahini until mostly smooth, adding splashes of warm water as needed to loosen the mixture. There should be no large clumps of nut or tahini.

Prepare the cucumber. Wash the cucumber and cut into thin, wide, rectangular slices with the skin on or off. Set aside 3 or 4 cucumber slices and store the rest for a future meal—or snack on them as baby eats. Press the cut sides of the reserved cucumber slices in hemp seeds.

Prepare the melon. Wash, dry, and remove any rind and seeds from the melon slices. If you are starting fresh with whole melon, slice into wedges or thin rectangles about the width and length of two adult fingers pressed together.

To Serve: Scoop some beet walnut mash into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the bowl in front of baby along with some cucumber slices and cantaloupe slices. Let baby self-feed by scooping with hands and trying to pick up the fruit.

To Store: Beet walnut mash keeps in an air-tight container for 4 days. Eat cut cantaloupe within 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
66	Banana Zucchini Pancake Peanut Drizzle Blackberry Two Ways	Crumbled Lamb with Ricotta Cheese Yellow Squash Spears	None	Cow's Milk Egg Peanut Wheat

Meal 1: Banana Zucchini Pancake + Peanut Drizzle + Blackberry Two Ways

Yield: 1-2 pancakes + 1/3 cup berries (1 child-sized serving)

Time: 5 minutes

1-2 leftover banana zucchini pancakes
2 teaspoons smooth peanut butter
2 teaspoons warm water
6 large fresh blackberries

Prepare the pancakes. Grab the leftover banana zucchini pancakes from the freezer and defrost. If you've run out, use the [recipe on Day 35](#) to make a fresh batch—or skip it and serve whole wheat or Ezekiel toast strips topped with the peanut drizzle.

Prepare the drizzle. Whisk the peanut butter and water until smooth, adding more water to loosen the mixture as needed. It should be saucy with no clumps of peanut butter.

Wash the blackberries. Quarter 1 berry lengthwise. Mash the remaining berries until mostly smooth with no clumps.

To Serve: Lay the pancake(s) and quartered berry on a baby plate. Drizzle the peanut sauce on top of the pancakes. Scoop the mashed berries on the side. Let baby self-feed by trying to scoop with hands and pick up the pancake and quartered berry pieces. If baby needs help, pass a piece of food in the air to grab.

Meal 2: Crumbled Lamb with Ricotta Cheese + Yellow Squash Spears

Yield: 1 cup each lamb with ricotta + squash (1-2 child-sized servings)

Time: 30 minutes

1 leftover lamb burger
½ cup fresh whole milk ricotta cheese
1 small yellow squash (summer squash)
1 tablespoon olive oil
1 lemon or lime wedge

Prepare the lamb. Grab a leftover lamb burger from the freezer. If you've run out, use the [recipe on Day 35](#) to make a fresh batch. Otherwise, defrost the lamb burger, then crumble the meat in a skillet. Add a splash of water. Cover and set on medium-low heat. When the crumbled lamb is warm, uncover and remove from the heat. Let cool, then combine the lamb and ricotta in a bowl.

Prepare the spears. Preheat the oven to 375 degrees Fahrenheit / 190 degrees Celsius. Line a sheet tray with parchment paper. Wash the squash and cut away and discard its stem ends. Halve lengthwise and cut into spears. Coat with oil. Evenly space on the tray. Bake for 10 minutes, then flip the spears. Continue to bake until soft, about 10 minutes more. Remove from the oven. Drizzle the juice of the citrus wedge over the squash, taking care to remove any fallen seeds that stick to the spears. Cool to room temperature.

To Serve: Scoop the lamb-ricotta mixture onto a baby plate and lay 2 or 3 spears on the side. Let baby self-feed by trying to scoop with hands and pick up the spears. If baby needs help, pass a spear in the air to grab.

To Store: Cooked squash keeps in an air-tight container in the fridge for 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
67	Banana Wheat Farina with Ground Walnut Peach or Nectarine Half with Sesame Seeds	Pesto Pasta Fresh Mozzarella Strips	Mozzarella Basil	Cow's Milk Sesame Tree Nut (Walnut) Wheat

Meal 1: Banana Wheat Farina with Ground Walnut + Peach or Nectarine Half with Sesame Seeds

Yield: 2 cups wheat farina (2 child-sized servings)
+ 1 cup fruit (1-2 child-sized servings)

Time: 10 minutes

1 cup whole milk
¼ cup dry wheat farina
1 banana
1 teaspoon ground walnut
1 ripe peach or nectarine
1 teaspoon sesame seed

Prepare the wheat farina. Bring the milk to a boil. Pour in the wheat farina, whisking to prevent lumps. Turn the heat to medium-low. Cook, stirring occasionally, until soft and thick, about 3 minutes. Remove from the heat. Peel the banana, then mash and mix the fruit with the porridge until smooth, adding a splash of warm water to loosen the mixture as needed.

Prepare the peach. Wash the fruit and cut lengthwise around the pit. Gently twist the halves in opposite directions to separate. Remove the pit. Press the sesame seeds into the cut side of one half. Reserve the other half for tomorrow.

To Serve: Scoop some porridge into a baby bowl and stick in a baby spoon. Exact serving size is variable. Let baby's appetite decide how much is eaten. Sprinkle ground walnut on top. Lay the peach half on the side. Let baby self-feed by scooping with hands and trying to pick up the spoon and fruit. Encourage baby by placing a pre-loaded spoon on the side to pick up—or pass it in the air if baby needs help.

To Store: Banana walnut wheat farina keeps in an airtight container in the fridge for 3 days. Cut peach or nectarine keeps in the fridge for 3 days.

Meal 2: Pesto Pasta + Fresh Mozzarella Strips

Yield: 2 cups pasta (2-4 child-sized servings)

Time: 20 minutes

1 cup packed fresh basil leaves
¼ cup olive oil
1 teaspoon lemon juice
1 teaspoon ground walnut
½ cup penne
1 ounce fresh mozzarella (about the size of an adult thumb)

Prepare the pesto. First, wash and dry the basil. Blend the basil and oil until smooth. Flecks of herb are okay, just make sure there are no large pieces of leaf. A mortar and pestle or a small food processor works well for this task! Measure 1 tablespoon of basil oil into a bowl and store the rest for future meals. Whisk in the lemon juice and ground walnut.

Prepare the pasta. Boil the pasta until soft, about 12 minutes. Drain. Transfer to the bowl with the pesto. Stir to coat.

Prepare the mozzarella. Cut the cheese into strips about the size of two adult fingers pressed together.

To Serve: Scoop some pesto pasta onto a baby plate and lay the mozzarella strips on the side. If you like, drizzle a scant amount of basil oil on the cheese. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of food in the air to grab.

To Store: Basil oil and pesto pasta keep in air-tight containers in the fridge for 3 days. Store separately so that you can use the oil in other dishes.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
68	Pumpkin Walnut Pancake Pumpkin Seed Butter Drizzle	Avocado Egg Salad Peach or Nectarine Half with Ground Walnut Grapefruit Wedges	Grapefruit	Egg Tree Nut (Walnut) Wheat

Meal 1: Pumpkin Walnut Pancake + Pumpkin Seed Butter Drizzle

Yield: 6 to 8 pancakes (3-4 child-sized servings)

Time: 30 minutes

2 teaspoons pumpkin seed butter
 ½ cup each no sugar added applesauce, mashed banana, oat milk or fortified plant-based milk of choice, and pumpkin puree (ideally from a BPA-free can)
 ½ cup each all-purpose flour and rolled oats
 1 tablespoon ground walnut
 1 teaspoon baking powder
 1 teaspoon apple cider vinegar
 ½ teaspoon baking soda
 2 tablespoons coconut oil or neutral cooking oil

Prepare the drizzle. Whisk the pumpkin seed butter and 2 teaspoons of applesauce until smooth, adding more applesauce to loosen the mixture as needed. It should be saucy with no clumps of pumpkin seed butter.

Prepare the batter. Whisk all ingredients except the vinegar, baking soda, and oil in a bowl until no streaks of flour remain. Whisk the baking soda and vinegar in a separate bowl, then pour into the batter. Whisk to combine.

Cook the pancakes. Warm the oil in a non-stick skillet set on medium heat. Once it shimmers, swirl to coat the skillet, then add spoonfuls of batter, using the back of the spoon to gently flatten each scoop into a pancake. Cook until the bottoms are golden, about 3 minutes. Flip, then cook to brown the other side, about 2 minutes more. Transfer to a plate. Repeat until all batter is used. Cool to room temperature.

To Serve: Lay 1 or 2 pancakes on a baby plate and drizzle the sauce on top. Let baby self-feed by trying to pick up the food.

To Store: Pancake batter must be used right away, but leftover pancakes keep in an air-tight container in the fridge for 3 days or the freezer for 2 months.

Meal 2: Avocado Egg Salad + Peach or Nectarine Half with Ground Walnut + Grapefruit Wedges

Yield: 1 cup egg salad (1-2 child-sized servings)

Time: 30 minutes

3 eggs
 1 ripe avocado
 1 grapefruit
 1 leftover peach or nectarine half
 ½ teaspoon ground walnut

Prepare the egg salad. Bring a pot of water to boil. Gently lower the eggs into the boiling water. Cover and cook for 10 minutes, then transfer the eggs to a bowl of ice water. Peel the shells once the eggs are cool to the touch. Place the peeled eggs in a mixing bowl. Next, cut the avocado lengthwise around the pit. Gently twist the halves in opposite directions to separate them. Remove the pit, then scoop the flesh into the bowl with the eggs and discard the peel. Mash and mix the eggs and avocado until mostly smooth. A little texture is okay as long as there are no large clumps of egg.

Prepare the grapefruit. Wash and cut the grapefruit in half. Slice one half into wedges with the peel on and remove any seeds hiding in the segments. Set aside 1 or 2 wedges for baby's meal and store the rest for a future meal—or snack on it as baby eats.

Prepare the peach. Wash the peach or nectarine half. Roll the cut side in ground walnut.

To Serve: Scoop some egg salad onto a baby plate. Exact serving size is variable. Let baby's appetite decide how much is eaten. Lay the peach or nectarine half, the grapefruit wedges, and a baby spoon on the side. Let baby self-feed by scooping with hands and trying to pick up the spoon and fruit. If baby needs help, pass a pre-loaded spoon in the air to grab.

To Store: Egg salad keeps in an air-tight container in the fridge for 5 days. Cut grapefruit keeps in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
69	Peanut Butter Yogurt Banana Spears with Ground Walnut	Cod Cake Sauteed Spinach Grapefruit Wedges	None	Cow's Milk Egg Fish Peanut Tree Nut (Walnut) Wheat

Meal 1: Peanut Butter Yogurt + Banana Spears with Ground Walnut

Yield: ½ cup each yogurt and banana (1 child-sized serving)

Time: 10 minutes

½ cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons smooth peanut butter
1 ripe banana or 1 leftover banana half
1 teaspoon ground walnut

Prepare the yogurt. Whisk the yogurt and peanut butter in a baby bowl, adding more yogurt to loosen the peanut butter as needed. There should be no clumps of peanut butter.

Prepare the spears. Grab the leftover banana from the fridge, or start fresh by cutting a whole banana in half crosswise and storing one half for a future meal—or snack on it as baby eats. Peel the banana half and cut into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in the ground walnut.

To Serve: Place the bowl in front of baby and stick in a baby spoon and the spears so that they stand upright or laying against the edge of the bowl in a way that is easy for baby to grab. Let baby self-feed by trying to pick up the spoon and the spears. If baby needs help, pass the pre-loaded spoon or a banana spear in the air for baby to grab.

Tip: Learning how to use utensils takes lots of practice! Encourage baby by placing a pre-loaded spoon on the bowl, plate, or table and let baby try to pick it up independently. If it's too tough, don't worry—this new skill takes time to learn. Continue to help by passing the spoon in the air for baby to grab.

Meal 2: Cod Cake + Sauteed Spinach + Grapefruit Wedges

Yield: 1 cup greens (1-2 child-sized servings)

Time: 15 minutes

1 leftover cod cake
1 cup packed fresh or frozen spinach
1 teaspoon olive oil
2-3 leftover grapefruit wedges in their rinds

Prepare the fish. Grab the cod cake from the freezer and defrost. If you've run out, use the [recipe on Day 40](#) to make a fresh batch—or use any fish cake or meat patty that you have on hand.

Prepare the spinach. Wash, dry, and defrost the greens. Warm the oil in a skillet. When it shimmers, add the spinach and stir to coat. Cook until wilted, about 3 minutes. Remove from the heat. Chop the greens, then stir in the juice of 1 grapefruit wedge.

To Serve: Scoop some greens onto the plate. Exact serving size is variable. Let baby's appetite decide how much is eaten. Lay the remaining grapefruit wedges on the plate. Place the plate in front of baby. Let baby self-feed by scooping with hands and trying to pick up the food. Encourage baby by passing a piece of food in the air to grab.

To Store: Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
70	Spinach Goat Cheese Omelet Strips Sauteed Spinach	Turkey Burger with Applesauce Kidney Beans	Kidney Beans Turkey	Egg Goat's Milk

Meal 1: Spinach Goat Cheese Omelet Strips + Sauteed Spinach

Yield: 1 cup each omelet + spinach (1-2 child-sized servings)

Time: 30 minutes

1 cup packed fresh or frozen spinach
2 teaspoons olive oil, separated
3 eggs
1 pinch ground black pepper or ground pepper of choice (optional)
1 ounce fresh goat cheese (chevre)

Prepare the spinach. Grab leftover sauteed spinach from yesterday, or start fresh with a new batch. Defrost, wash, and dry the spinach. Warm 1 teaspoon of oil in a small skillet set on medium heat. When it shimmers, add the spinach and stir to coat. Cook until soft and wilted, about 3 minutes. Transfer the sauteed spinach to a cutting board. Mince half the spinach, and chop the remaining half.

Prepare the omelet. Whisk the eggs, minced spinach, and spice in a mixing bowl. Warm the remaining 1 teaspoon of oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg mixture. Turn the heat to low and cover. Cook until the eggs are firm and the edges have started to curl, about 5 minutes. Sprinkle the goat cheese on top of the eggs, then use a spatula to fold the omelet in half. Cook until the omelet's inside is completely done, about 3 minutes more. Remove the omelet from the pan. Cut into strips about the width of two adult fingers pressed together. Cool to room temperature.

To Serve: Scoop the chopped spinach and some omelet strips onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by scooping with hands and trying to pick up the food. Encourage baby by passing a piece of food in the air to grab.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Meal 2: Turkey Burger with Applesauce + Kidney Beans

Yield: 8 burgers (4-6 child-sized servings)

Time: 30 minutes

1 pound ground turkey
1 garlic clove
1 small onion
2 teaspoons olive oil, separated
1 pinch each ground coriander, ground cumin, and sweet paprika (optional)
¼ cup kidney beans (ideally from a BPA-free can)
½ cup no sugar added applesauce

Prepare the burger mix. Defrost the meat. Peel and mince the garlic and onion. Warm 1 teaspoon of oil in a skillet set on medium heat. When it shimmers, add the garlic and onion, then stir to coat. Cook until soft, about 5 minutes. Remove from the heat. Mash and mix the meat, onion, garlic, and spices until combined. Form into 8 small burgers.

Cook the burgers. Return the skillet to the stovetop and set on medium heat. Warm the remaining oil. When it shimmers, lay a few burgers in the skillet (cook in batches to avoid overcrowding) and let the bottoms brown, about 5 minutes. Flip the burgers and cook on the other side for another 5 minutes. A burger is well done when no pink remains inside. Use a kitchen thermometer to check that the internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Transfer the burgers to a plate. Repeat until all burgers are cooked.

Prepare the beans. Rinse the beans to remove excess sodium. Use a fork or finger to flatten the bean—or leave whole if baby has developed a pincer grasp.

To Serve: Scoop the applesauce onto a baby plate and lay the burger on top and the beans on the side. Let baby self-feed by scooping with hands and trying to pick up food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Turkey burgers keep in an air-tight container in the fridge for 4 days or the freezer for 2 months. An open can of beans keeps when sealed in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
71	Mango Sesame Tahini Yogurt Kiwi Quarters	Peanut Tofu Strips Broccoli Florets with Sesame Seeds	Kiwi	Cow's Milk Peanut Sesame Soy

Meal 1: Mango Sesame Tahini Yogurt + Kiwi Quarters

Yield: 1 cup yogurt (1 child-sized serving)

Time: 5 minutes

½ cup unsweetened coconut yogurt or whole milk yogurt
2 teaspoons sesame tahini
1 ripe mango or 1 leftover mango half
1 kiwi fruit or ½ cup pineapple cubes
½ teaspoon sesame seeds

Prepare the mango. Wash, dry, peel, and halve the mango by slicing along one side of the pit, then cutting along the other side. Store the mango pit and a mango half for a future meal—or snack on it as baby eats. Mash the remaining half.

Prepare the yogurt. Whisk the yogurt and sesame tahini in a baby bowl until smooth, adding more yogurt to loosen the mixture as needed. There should be no clumps of tahini. Stir in the mashed mango.

Wash the kiwi fruit. Remove the skin and cut into quarters. If using pineapple, simply mash the fruit until mostly smooth and stir it into the yogurt.

To Serve: Stick a baby spoon and kiwi quarters in the baby bowl so that they are upright or laying against the edge of the bowl in a way that is easy for little hands to grab. Sprinkle sesame seeds on top. Let baby self-feed by scooping with hands and trying to pick up the spoon and the fruit. Encourage utensil use by laying a pre-loaded spoon on the side of the bowl to grab—or pass it in the air for baby to grab.

To Store: Mango tahini yogurt keeps in an air-tight container in the fridge for 1 week. Cut mango keeps when sealed in the fridge for 4 days.

Meal 2: Peanut Tofu Strips + Broccoli Florets with Sesame Seeds

Yield: ¼ cup tofu (1 child-sized serving)
+ 1 cup florets (1-2 child-sized servings)

Time: 20 minutes

2 ounces firm tofu (1 ounce is approximately the size of your thumb)
1 tablespoon smooth peanut butter
1 teaspoon olive oil
1 cup broccoli florets
¼ teaspoon sesame oil
1 pinch sesame seeds

Prepare the tofu. Rinse, dry, and cut the tofu into strips or cubes. Warm the olive oil in a non-stick skillet set on medium heat. When it shimmers, add the tofu and stir to coat. Cook until golden, about 3 minutes, then flip and cook on the other side until golden, about 2 minutes more. Remove from the heat. Meanwhile, whisk the peanut butter and 1 tablespoon of water until smooth, adding more water to loosen the mixture as needed. There should be no clumps of peanut butter. Coat the tofu in sauce. Cool to room temperature.

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water to the pot. Cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature. Drizzle with sesame oil and sprinkle sesame seeds on top.

To Serve: Scoop some florets onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the tofu strips on the side. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: An open package of firm tofu keeps when sealed in the fridge for 3 days. Cooked broccoli keeps in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
72	Strawberry Oatmeal with Ground Walnut Quartered Strawberry	Masoor Dal (Red Lentils) Sweet Potato Wedges	None	Tree Nut (Walnut)

Meal 1: Strawberry Oatmeal with Ground Walnut + Quartered Strawberry

Yield: 1 ½ cup oatmeal (1-2 child-sized servings)

Time: 20 minutes

½ cup dry instant oats or oatmeal
1 cup whole water
6 fresh large ripe strawberries
½ teaspoon ground walnut

Prepare the berries. Wash and dry the strawberries. Slice off the stems. Quarter the largest berry and set aside. Mash the remaining berries until mostly smooth. A little texture is okay as long as there are no large clumps of berry.

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the water to a boil, then pour into the bowl. Stir to combine. Let sit until thickened, about 10 minutes. Mix the mashed strawberry into the oatmeal. Cool to room temperature.

To Serve: Stick a baby spoon and the strawberry quarters in the oatmeal so that they are upright or laying against the edge of the bowl in a way that is easy for little hands to grab. Sprinkle ground walnut on top. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the strawberry quarters. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Cooked oatmeal keeps in air-tight container in the fridge for 1 week.

Meal 2: Masoor Dal (Red Lentils) + Sweet Potato Wedges

Yield: 2 ½ cups dal (2-4 child-sized servings)
+ 1 cup potato (1-2 child-sized servings)

Time: 1 hour

1 cup dry masoor dal (red, brown, pink or yellow lentils)
1 each small onion, garlic clove, small knob of fresh ginger
1 tablespoon coconut oil
1 cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)
1 cup diced tomatoes (ideally from a BPA-free can)
½ teaspoon each ground coriander, cumin, and turmeric (optional)
1 medium sweet potato
1 teaspoon olive oil

Prepare the dal. Rinse the lentils. Peel and mince the onion, garlic, and ginger. Heat the coconut oil in a pot set on medium heat. When it shimmers, add the onions and stir to coat. Cook until soft, about 5 minutes. Add the garlic and ginger and cook for 1 minute. Add the lentils, water or stock, tomatoes with their juices, and spices. Stir to combine. Cover and bring to a boil, then turn the heat to medium-low. Cook, stirring occasionally, until the lentils have softened and absorbed most of the liquid, between 30 and 45 minutes. Remove the pot from the heat. Cool to room temperature.

Prepare the potato. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Peel the potato skin, then cut the flesh into wedges. Coat with the olive oil. Evenly space on the tray. Roast for 15 minutes, then flip the wedges and continue to roast for 15 minutes. Remove from the oven. Let cool to room temperature.

To Serve: Scoop some dal into your baby's bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in a baby spoon and 2 or 3 potato wedges. Encourage baby to self-feed with hands and/or the utensil.

To Store: Cooked masoor dal keeps in an air-tight container in the fridge for up to 1 week or in the freezer for up to 1 month.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
73	Blueberry Oatmeal with Ground Almond Smashed Blueberries	Turkey Burger with Applesauce Cauliflower Mash	Almond	Tree Nut (Almond)

Meal 1: Blueberry Oatmeal with Ground Almond + Smashed Blueberries

Yield: 1 ½ cup oatmeal (1-2 child-sized servings)

Time: 20 minutes

½ cup fresh or frozen blueberries
 ½ cup dry instant oats or oatmeal
 1 cup whole water
 ¼ teaspoon ground almond

Prepare the berries. Defrost, wash, and dry the berries. Remove any leaves and stems. Flatten 4 or 5 berries with a fork or finger. Set aside. Mash the remaining berries. Make sure to break down the skins (they are super healthy!) but if any large pieces remain, pick them out to reduce the choking risk.

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the water to a boil, then pour into the bowl. Let sit until thickened and cooled to room temperature, about 10 minutes. Stir the mashed berries into the thickened oatmeal. Sprinkle the ground almond on top.

To Serve: Place the bowl, the flattened berries, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the flattened berries. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Cooked oatmeal keeps in air-tight container in the fridge for 1 week.

Meal 2: Turkey Burger with Applesauce + Cauliflower Mash

Yield: ½ cup mash (1 child-sized serving)

Time: 5 minutes

1 leftover turkey burger
 ½ cup fresh or frozen cauliflower florets
 ¼ cup warm water
 ½ cup no sugar added applesauce
 ½ teaspoon ground almond

Prepare the mash. Wash the florets, then place in a steamer basket in a small pot. Add a few splashes of water to the pot, then cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Transfer the florets to a mixing bowl. Mash and mix the florets and water until smooth, adding more water to loosen the mixture as needed. Cool to room temperature.

Prepare the burger. Grab the turkey burger from the fridge or freezer. If you've run out, use the [recipe on Day 70](#) to prepare a fresh batch. Defrost the burger in a microwave or in a covered skillet with a splash of water set on low heat.

To Serve: Scoop the applesauce onto a baby plate and lay the burger on top. Scoop some cauliflower mash onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground almond on top of the food. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the burger. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Leftover cauliflower mash keeps in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
74	Spinach Goat Cheese Omelet Strips Almond Banana Spears	Sardine Fillet Mashed Sweet Potato with Almond Butter Tomato Wedges	None	Egg Fish Goat's Milk Tree Nut (Almond)

Meal 1: Spinach Goat Cheese Omelet Strips + Almond Banana Spears

Yield: 1 child-sized serving

Time: 5 minutes

½ cup leftover omelet strips
1 ripe banana
1 teaspoon ground almond

Prepare the omelet. Grab the leftover omelet strips from the fridge. If you've run out, use the [recipe on Day 70](#) to prepare a fresh one for today's meal.

Prepare the spears. Cut the banana in half crosswise, then peel one half and store the other for a future meal or snack on it as baby eats. Cut the peeled half into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in the ground almond.

To Serve: Lay the omelet strips and banana spears on a baby plate. Let baby self-feed by scooping with hands and trying to pick up the food. If baby needs help, pass a piece of food in the air to grab.

To Store: Cut banana keeps in its peel in the fridge for 3 days.

Tip: At this stage, babies are still learning how to use their hands. It's a lot of work! Don't sweat it when baby needs a break and/or a little assistance from you. It's totally natural at this age.

Meal 2: Sardine Fillet + Mashed Sweet Potato with Almond Butter + Tomato Wedges

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

3-4 leftover sweet potato wedges
1 teaspoon smooth almond butter
1 boneless sardine (ideally from a tin marked "no-salt added" and "BPA-free")
1 ripe beefsteak tomato

Prepare the potato. Grab the leftover mashed sweet potato from the fridge. If you've run out, use the [recipe on Day 72](#) to prepare a fresh batch. Mash and mix the sweet potato and almond butter until smooth, adding more warm water to loosen the mixture as needed. There should be no clumps of almond butter.

Prepare the sardine. Rinse the fillet to remove excess sodium. The tiny bones are edible and full of nutrition, but remove them if they make you nervous.

Prepare the tomato. Wash and dry the tomato. Slice into wedges about the size of two adult fingers pressed together.

To Serve: Scoop the potatoes onto a baby plate and lay the sardine fillet and 1 to 2 tomato wedges on the side. Squeeze the juice of the citrus slice over the food. Place the plate in front of baby. Let baby self-feed by scooping with hands and trying to pick up the food. Pass food in the air if baby needs help.

To Store: Cut tomato keeps for up to 3 days when tightly wrapped in the fridge. Canned sardines, once opened, don't last that long—maybe a day or two.

Tip: If serving a whole sardine fillet makes your nervous, simply mash the fish into the potato before serving.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
75	Pumpkin Walnut Pancake Almond Butter Drizzle Stewed Pear	Chicken Breast Two Ways Polenta (Corn Grits) with Ground Almond	Pear	Cow's Milk Tree Nut (Almond) Tree Nut (Walnut) Wheat

Meal 1: Pumpkin Walnut Pancake + Almond Butter Drizzle + Stewed Pear

Yield: 1 cup pear (1-2 child-sized servings)

Time: 15 minutes

1 ripe pear
1 cup + 2 teaspoons water, separated
1-2 leftover pumpkin walnut pancake(s)
2 teaspoons smooth almond butter

Prepare the pear. Wash, peel, and halve the pear. Remove the core, seeds, and stem ends. Place the pear halves in a small pot with the remaining water. Set on medium heat, cover, and cook until the pear is soft, about 10 minutes. Remove the pear halves from liquid. Cool to room temperature.

Prepare the pancake. Grab the pancake from the freezer. If you're out, use the [recipe on Day 68](#) to make a fresh batch.

Prepare the drizzle. Whisk the almond butter and water until smooth, adding more water to loosen the mixture as needed. It should be saucy with no clumps of almond butter.

To Serve: Lay the pancake(s) and a stewed pear half on a baby plate. Drizzle the almond butter sauce on top. Let baby self-feed by trying to scoop with hands and pick up the pancake and pear half. If baby needs help, pass a piece of food in the air to grab.

To Store: Stewed pear keeps in an air-tight container in the fridge for 1 week.

Meal 2: Chicken Breast Two Ways + Polenta (Corn Grits) with Ground Almond

Yield: 1 cup chicken + 2 cups polenta (2-4 child-sized servings)

Time: 45 minutes

1 fresh or frozen boneless, skinless chicken breast
2-3 cups water
½ cup dry polenta (corn grits)
1 cup whole milk
2 tablespoons unsalted butter
½ teaspoon ground almond

Prepare the chicken. Defrost the meat. Place the meat in a small pot with enough water to cover. Bring to a boil, then turn the heat to medium-low. Cook until firm and no pink remains, about 25 minutes. Check that the chicken's internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the meat from the pot and reserve the poaching liquid. Cut the breast in half crosswise, then cut 1 half into strips and use a fork to shred the other half. Cool to room temperature.

Prepare the polenta. Bring 1 cup water and milk to a boil. Turn the heat to low then slowly whisk in the polenta. Cook uncovered and stirring frequently for 5 minutes, then turn off the heat, stir in the butter, and cover. Let stand until creamy and thick, about 5 minutes. Uncover and cool to room temperature.

To Serve: Scoop some polenta onto a baby plate and lay some chicken strips and shredded chicken on the side. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground almond on top of the food. Let baby self-feed by trying to scoop with hands and pick up the food or a pre-loaded spoon. If baby needs help, pass the spoon in the air for baby to grab.

To Store: Cooked polenta keeps in an air-tight container in the fridge for 3 days or in the freezer for 2 months. Cooked chicken keeps in an air-tight container in the fridge for 4 days or in the freezer for 4 months.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
76	Avocado Toast Mango Spears with Ground Walnut	Mushroom Sesame Tofu Peanut Butter "Paint"	Mushroom	Peanut Tree Nut (Walnut) Sesame Soy Wheat

Meal 1: Avocado Toast + Mango Spears with Ground Walnut

Yield: 1 cup (1 child-sized serving)

Time: 10 minutes

1 slice whole wheat bread or Ezekiel bread
1 ripe avocado or 1 leftover avocado half
1 lemon or lime wedge
½ teaspoon olive oil
1 leftover mango half or mango pit
½ teaspoon ground walnut

Prepare the toast. Lightly toast the bread. Cut off the crust and save to make breadcrumbs. Cut the remaining bread into strips about the size of two adult fingers pressed together. Next, grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out and mash flesh from one half, and store the other half for a future meal—or snack on it as baby eats. Thinly spread the mashed avocado on the toast strips. Sprinkle with the juice of the citrus wedge and the oil. Make sure to remove any fallen citrus seeds.

Prepare the spears. Grab the leftover mango from the fridge or wash and peel a fresh ripe one. Cut the half from the pit, then cut the flesh into spears. Roll in ground walnut.

To Serve: Place the avocado toasts and the mango spears on the plate in front of baby. Let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air to grab.

To Store: Cut mango keeps when sealed in the fridge for 4 days. Cut avocado keeps in its peel in the fridge for up to 3 days.

Meal 2: Mushroom Sesame Tofu + Peanut Butter “Paint”

Yield: 1 cup mushroom tofu (1 child-sized serving)

Time: 30 minutes

2 ounces firm tofu (1 ounce is about the size of an adult thumb)
2 large white button or cremini mushroom caps
1 tablespoon peanut oil or olive oil
¼ teaspoon sesame oil
2 teaspoons sesame tahini
1 teaspoon smooth peanut butter

Prepare the mushroom tofu. Wipe any dirt from the mushroom caps. Mince. Rinse, dry, and cut the tofu into strips or large cubes. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, add the mushrooms and tofu and stir to coat. Cook, occasionally stirring and flipping the tofu, until the mushrooms have softened and released liquid, and the tofu is golden, about 5 minutes. Remove from heat. Whisk the sesame oil, sesame tahini, and 1 tablespoon of warm water until smooth, adding more water to loosen the mixture as needed. It should be saucy with no clumps of tahini. Coat the mushrooms and tofu with the sauce. Cool to room temperature.

Prepare the paint. Whisk the peanut butter with warm water until smooth—like paint—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Scoop the mushroom sesame tofu cubes onto a baby plate. Serve with the bowl of peanut butter "paint" on the side. Let baby self-feed by trying to scoop with hands and pick up the mushroom tofu. Show baby how to dip the spoon (or little fingers!) in the loosened peanut butter and paint on the plate!

To Store: Cooked mushroom tofu keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
77	Broccoli Goat Cheese Omelet Strips Tomato Wedges	Trout Polenta (Corn Grits) Steamed Green Beans	Green Beans Trout	Cow's Milk Goat's Milk Egg Fish

Meal 1: Broccoli Goat Cheese Omelet Strips + Tomato Wedges

Yield: 1 cup each omelet + broccoli (1-2 child-sized servings)

Time: 30 minutes

1 cup fresh or frozen broccoli florets
2 teaspoons olive oil, separated
1 lemon or lime wedge
3 eggs
1 pinch ground black pepper or ground pepper of choice (optional)
1 ounce fresh goat cheese (chevre)
2-3 leftover beefsteak tomato wedges

Prepare the broccoli. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water to the pot. Cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Mince half the broccoli. Coat the remaining half with 1 teaspoon of oil and the juice of the citrus wedge, removing any fallen seeds. Cool to room temperature.

Prepare the omelet. Whisk the eggs, minced broccoli, and spice. Warm the remaining oil in a non-stick skillet set on medium heat. Pour in the egg mixture as soon as the oil shimmers. Reduce the heat to low. Cover and cook until the eggs are firm and the edges have started to curl, about 5 minutes. Sprinkle the goat cheese on top, then use a spatula to fold the omelet in half. Cook until the omelet's inside is completely set, about 3 minutes more. Remove the omelet from the pan. Cool to room temperature. Cut into strips.

To Serve: Scoop florets, omelet strips, and leftover tomato wedges onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Place the plate in front of baby. Let baby self-feed by scooping with hands and trying to pick up the food.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. Cooked broccoli keeps in an air-tight container in the fridge for 1 week.

Meal 2: Trout + Polenta + Steamed Green Beans

Yield: 1 cup each fish (6 child-sized servings)
+ polenta (1-2 child-sized servings)

Time: 30 minutes

1 fresh or frozen freshwater trout fillet (6-ounces)
1 ¼ cups water or unsalted stock (ideally BPA-free if canned), separated
1 cup leftover cooked polenta (corn grits)
5 whole green beans

Prepare the fish. Defrost the fish. Remove any bones. Bring the water or stock to a boil. Gently lay the fish in the liquid. Cover and turn the heat to low. Cook until the flesh easily flakes with a knife, between 6 and 10 minutes depending on thickness. Check that the fillet's internal temperature has reached 145 degrees Fahrenheit / 60 degrees Celsius. Remove the fillet from the liquid. Remove and discard any skin. Cool the fish to room temperature. Set aside 2 ounces of fish (about the size of two adult thumbs) for baby's meal. Store the rest for a future meal.

Prepare the green beans. Wash the beans. Place in a steamer basket in a pot with a few splashes of water. Cover and set on medium-high heat. Cook until soft, about 10 minutes. Remove from the heat. Cool to room temperature.

Prepare the polenta. Grab the leftover polenta from the fridge. If you've run out, use the [recipe on Day 75](#) to make a fresh batch. Otherwise, reheat the polenta with ¼ cup water or stock, stirring until smooth and adding more liquid to loosen as needed. Cool to room temperature.

To Serve: Scoop the polenta onto a baby plate and lay the trout on top and the beans and a baby spoon on the side. Let baby self-feed by hand-scooping and practicing with the spoon. Pass a piece of food or a pre-loaded spoon in the air if baby needs help.

To Store: Cooked trout keeps in an air-tight container in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
78	Coconut Raspberry Quinoa with Ground Walnut	Carrot Pinto Bean Mash Peanut Chicken Strips	Pinto Beans	Peanut Tree Nut (Walnut)

Meal 1: Coconut Raspberry Quinoa with Ground Walnut

Yield: 2 cups quinoa (2 child-sized servings)

Time: 40 minutes

½ cup dry quinoa
 1 teaspoon coconut oil
 ¾ cup water
 2 tablespoons full-fat coconut milk (ideally BPA-free if canned)
 1 teaspoon ground walnut
 1 cup fresh or frozen raspberries

Prepare the quinoa. Rinse the grains. Warm the oil in a small pot with a tight-fitting lid set on medium heat. When it shimmers, add the quinoa and stir to coat. Cook until lightly toasted, about 1 minute. Stir in the water and coconut milk. Cover and bring to a boil, then turn the heat to medium-low. Cook until the quinoa is tender and has absorbed most of the liquid, between 20 and 25 minutes. Remove from the heat. Uncover and fluff the quinoa with a fork.

Prepare the berries. Wash the berries. Set aside 1 or 2 large berries if they are juicy and soft. Otherwise, smash the berries and stir into the quinoa.

To Serve: Scoop some coconut raspberry quinoa into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle the ground walnut and any whole raspberries on top. Place the bowl and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up any whole berries. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for up to 3 days or in the freezer for up to 2 months.

Meal 2: Carrot Pinto Bean Mash + Peanut Chicken Strips

Yield: 1 cup mash (1-2 child-sized servings)

Time: 30 minutes

2 medium carrots
 ½ cup cooked pinto beans (ideally from a BPA-free can)
 1 teaspoon olive oil
 1 lemon or lime wedge
 3 to 4 leftover cooked chicken strips
 1 teaspoon smooth peanut butter

Prepare the mash. Bring a pot of water to a boil. Peel the carrot skins, then cut the flesh into chunks. Place the carrot in the boiling water. Turn the heat to medium-low and cook until a knife easily inserts into the thickest piece, about 15 minutes. Drain. While the carrot is cooking, rinse the pinto beans to remove excess sodium. Mash the cooked carrot, beans, oil, and the juice from the citrus wedge until mostly smooth, adding a splash or more of warm water to loosen the mixture as needed. Cool to room temperature.

Prepare the chicken. Grab the leftover chicken strips from the fridge. If you've run out, use the [recipe on Day 75](#) to make a fresh batch. Whisk the peanut butter and 1 tablespoon of warm water until smooth, adding more water if the mixture is thick. It should be saucy. Coat the chicken with the sauce.

To Serve: Scoop some mash onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the chicken strips on the side. Place the bowl and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the food. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Cooked carrots keep in an air-tight container in the fridge for 5 days. An open can of beans keeps when sealed in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
79	Scrambled Eggs with Sesame Seeds Sauteed Collard Greens	Sesame Shredded Chicken Masoor Dal (Red Lentils)	None	Cow's Milk Egg Sesame

Meal 1: Scrambled Eggs with Sesame Seeds + Sauteed Collard Greens

Yield: 1 cup collards (1-2 child-sized servings)

Time: 20 minutes

1 cup fresh or frozen collard green leaves
1 tablespoon olive oil
1 garlic clove (optional)
2 leftover grapefruit or orange wedges (optional)
2 eggs
1 tablespoon whole milk
1 tablespoon unsalted butter
½ teaspoon sesame seeds

Prepare the collards. Defrost, wash, and dry the greens. Tear any large leaves from their woody stalks. Peel and mince the garlic. Warm the oil in a skillet set on medium heat. When it shimmers, add the garlic and stir to coat. Cook until fragrant, about 1 minute, then add the collards and cook, stirring occasionally, until bright green and slightly wilted, about 5 minutes. Stir in the juice from the citrus wedges. Continue cooking until the greens are completely soft, about 5 minutes more. Remove from the heat. Mince.

Prepare the eggs. Whisk the eggs and milk. Melt the butter in a non-stick skillet set on medium-low heat. When it is done foaming, pour in the egg mixture. Cook, stirring frequently, until fluffy and set, about 5 minutes. Turn off the heat.

To Serve: Scoop some collards and eggs onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Top with sesame seeds. Place the plate in front of baby and lay a baby spoon on the side. Let baby self-feed by scooping with hands and practicing with the spoon.

To Store: Cooked collards keep in an air-tight container in the fridge for 3 days.

Meal 2: Sesame Shredded Chicken + Masoor Dal (Red Lentils)

Yield: ½ cup each chicken + dal (1 child-sized serving)

Time: 15 minutes

½ cup leftover masoor dal (red lentils)
2 tablespoons water or unsalted stock (ideally BPA-free if canned)
½ cup leftover shredded chicken
½ teaspoon sesame oil and/or sesame seeds

Prepare the dal. Defrost the moong dal. If you've run out, use the [recipe on Day 72](#) to prepare a fresh batch—or use any leftover mashed bean in your fridge. Otherwise, place the leftover dal in a pot with the water or stock. Set on medium-low heat and cook, stirring frequently to defrost and loosen the mixture until mostly smooth, adding more liquid as needed.

Remove the leftover shredded chicken from the fridge or freezer. If you're out of leftovers, use the [recipe on Day 75](#) to make a fresh batch. Reheat the shredded chicken with a splash of water, stirring to break up the meat so that there are no large clumps and adding more water to loosen the mixture as needed. Once loosened, let cool then stir in the sesame oil and/or sprinkle with sesame seeds.

To Serve: Scoop the dal into a baby bowl. Top with the sesame shredded chicken. Place the bowl in front of baby and stick in a baby spoon. Let baby self-feed by scooping with hands and practicing with the spoon. If baby needs help, lay a pre-loaded spoon on the side of the bowl for baby to pick up, or pass the spoon in the air for baby to grab.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
80	Coconut Raspberry Quinoa with Cashew Grated Apple	Chickpea Pasta with Cashew Cream Lemony Cauliflower Florets	Cashew	Tree Nut (Cashew) Tree Nut (Walnut)

Meal 1: Coconut Raspberry Quinoa with Cashew + Grated Apple

Yield: 1 cup quinoa (1 child-sized serving)

Time: 15 minutes

1 cup leftover coconut raspberry quinoa
¼ teaspoon cashew butter or ground cashew
1 apple

Prepare the quinoa. Grab the leftover coconut raspberry quinoa from the fridge or freezer. If you've run out, use the [recipe on Day 78](#) to make a fresh batch. Stir the quinoa, cashew butter or ground cashew, and a splash of warm water in a baby bowl until mostly smooth, adding more water to loosen the mixture as needed. There should be no clumps of cashew butter or ground cashew.

Prepare the apple. Wash and dry the apple. Halve lengthwise, and remove the core, seeds, and stem. Grate 1 apple half. Stir half the grated apple into the quinoa, then sprinkle the rest on top. Reserve the other apple half for a future meal—or enjoy a snack as baby eats!

To Serve: Place the bowl in front of baby and stick in a baby spoon. Let baby self-feed by scooping with hands and practicing with the spoon. If baby needs help, lay a pre-loaded spoon on the side of the bowl for baby to pick up, or pass the spoon in the air for baby to grab.

To Store: Cut apple keeps tightly-wrapped in the fridge for 3 days.

Meal 2: Chickpea Pasta with Cashew Cream + Lemony Cauliflower Florets

Yield: 1 cup each pasta + cream sauce + florets (2-4 child-sized servings)

Time: 30 minutes

1 cup raw cashews
½ cup unsalted meat or vegetable stock (ideally BPA-free if canned)
½ cup fresh or frozen cauliflower florets
2 tablespoons olive oil
1 garlic clove
¾ cup chickpea penne
1 lemon wedge
½ teaspoon ground cashew

Prepare the cashew cream. You need a high-powered blender or food processor to make cashew cream. If you don't have one, skip the sauce and simply toss the cooked pasta with olive oil, lemon juice, and the ground cashew. Otherwise, if you have time and the machine, soak the nuts at room temperature for at least 2 hours then drain. Peel the garlic and add to the blender along with soaked nuts, stock, and oil. Blend until creamy and smooth, between 1 and 5 minutes depending on the machine.

Prepare the pasta. Boil the pasta until soft, about 12 minutes. Drain. Coat with the creamy cashew sauce. Cool to room temperature.

Prepare the cauliflower. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water to the pot. Cover and cook on medium-high until soft, about 10 minutes. Remove from the heat. Drizzle with the juice of the lemon wedge, taking care to remove any fallen seeds. Cool to room temperature.

To Serve: Scoop some pasta and florets onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground cashew on top. Let baby self-feed by hand-scooping and trying to pick up the food. Pass food in the air if baby needs help.

To Store: Cooked pasta keeps in an air-tight container in the fridge for 5 days. Cooked cauliflower keep in an air-tight container in the fridge for 1 week.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
S1	Cashew Butter Yogurt Almond Banana Spears	Cashew Chicken Strips Edamame (Fresh Soybeans) Acorn Squash Two Ways	None	Cow's Milk Soy Tree Nut (Almond) Tree Nut (Cashew)

Meal 1: Cashew Butter Yogurt + Almond Banana Spears

Yield: ½ cup yogurt + ½ cup banana (1 child-sized serving)

Time: 10 minutes

½ cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons cashew butter
1 ripe banana or 1 leftover banana half
1 teaspoon ground almond

Prepare the yogurt. Whisk the yogurt and cashew butter in a baby bowl until smooth, adding more yogurt to loosen the mixture as needed. There should be no clumps of cashew butter.

Prepare the spears. Grab the banana half from the fridge, or cut a fresh banana in half crosswise. Peel the banana half and cut into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in ground almond.

To Serve: Place the bowl in front of baby and stick in a baby spoon and the spears so that they stand upright or lean against the side of the bowl in a way that is easier for little hands to grab. Let baby self-feed by trying to pick up the spoon and the spears. Encourage baby by laying a pre-loaded spoon on the side of the bowl to grab.

To Store: Cut banana keeps in its peel in the fridge for 3 days.

Meal 2: Cashew Chicken Strips + Edamame (Fresh Soybeans) + Acorn Squash Two Ways

Yield: 1 cup squash (1-2 child-sized servings)

Time: 30 minutes

1 small acorn squash
1 ½ tablespoons olive oil, separated
¼ cup fresh or frozen shelled edamame (fresh soybeans)
1 lemon or lime slice
2-3 leftover chicken breast slices
1 teaspoon cashew butter

Prepare the squash. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Wash the squash. Slice in half lengthwise. Discard the seeds. Cut the halves crosswise into 1-inch handles. Coat with 1 tablespoon of oil. Evenly space on the tray. Roast until a knife easily pierces the squash, about 25 minutes. Remove from the oven. Cool to room temperature. Peel the skins. Mash half the squash until smooth.

Prepare the edamame. Defrost and rinse the beans. Warm the remaining oil in a skillet set on medium heat. When it shimmers, add the edamame and stir to coat. Cook until bright green, about 1 minute. Remove from the heat and let cool. Use a fork to flatten the beans, which should split in half under pressure and release their skins. Coat with the juice of the citrus slice.

Prepare the chicken. Grab the leftover chicken strips from the fridge. If you've run out, use the [recipe on Day 75](#) to make a fresh batch. Whisk the cashew butter and 1 tablespoon of warm water until smooth, adding more water to loosen the mixture as needed. It should be saucy with no clumps of cashew butter. Coat the chicken strips in the sauce.

To Serve: Scoop some mashed squash onto a baby plate, sprinkle the split edamame on top, and lay the chicken strips and 1 squash handle on the side. Let baby self-feed by hand-scooping and practicing with a baby spoon.

To Store: Cooked edamame and acorn squash keep in air-tight containers in the fridge for 4 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
S2	Coconut Quinoa Stewed Apple with Ground Pistachio	Turkey Burger Applesauce Pistachio Dip Sauteed Kale	Pistachio	Tree Nut (Pistachio)

Meal 1: Coconut Quinoa + Stewed Apple with Ground Pistachio

Yield: 2 cups quinoa + 1 cup apple (2 child-sized servings)

Time: 40 minutes

1/3 cup dry quinoa
1 teaspoon coconut oil
2/3 cup water
2 tablespoons full-fat coconut milk (ideally BPA-free if canned)
1 apple
¼ teaspoon ground pistachio

Prepare the quinoa. Rinse the grains. Warm the oil in a small pot set on medium heat. When it shimmers, add the quinoa and stir to coat. Cook until lightly toasted, about 1 minute. Stir in the water and coconut milk. Cover and bring to a boil, then turn the heat to medium-low. Cook until the quinoa is tender and has absorbed most of the liquid, between 20 and 25 minutes. Remove from the heat. Uncover and fluff the quinoa with a fork.

Prepare the apple. Wash, peel, and halve the apple. Remove the core, seeds, and stem ends. Place the apple halves in a small pot with 1 cup of water. Set on medium heat, cover, and cook until soft, about 10 minutes. Remove the apple halves from liquid. Cool to room temperature.

To Serve: Scoop some coconut quinoa into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Nestle a stewed apple half on the side and sprinkle the ground pistachio on top. Stick in a baby spoon and place the bowl in front of baby. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the apple. Encourage utensil use by laying a pre-loaded spoon on the side to grab.

To Store: Cooked quinoa keeps in an air-tight container in the fridge for 3 days. Stewed apple keeps in an air-tight container in the fridge for 1 week.

Meal 2: Turkey Burger + Applesauce Pistachio Dip + Sauteed Kale

Yield: 1 cup kale + ½ cup applesauce (1-2 child-sized servings)

Time: 20 minutes

1 leftover turkey burger
1 cup packed fresh or frozen kale
1 teaspoon olive oil
1 lemon or lime wedge
½ cup no sugar added applesauce
½ teaspoon ground pistachio

Prepare the burger. Grab the leftover turkey burger from the fridge or freezer. If you've run out, use the [recipe on Day 70](#) to prepare a fresh batch—or use any leftover burger or patty in your fridge. Defrost the burger. Set aside.

Prepare the kale. Defrost, wash, and dry the greens. Tear any large kale leaves from their woody stalks. Warm the oil in a skillet set on medium heat. When it shimmers, add the kale and stir to coat. Cook, stirring occasionally, until bright green and slightly wilted, about 5 minutes. Stir in the juice from the citrus wedges, taking care to remove any fallen seeds. Continue cooking until the greens are very soft, about 5 minutes more. Remove from the heat. Mince.

Prepare the dip. Stir the ground pistachio and applesauce until smooth.

To Serve: Scoop the dip onto a baby plate and lay the burger on top. Scoop some sauteed kale on the side. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay a pre-loaded baby spoon on the side of the plate. Let baby self-feed by trying to scoop with hands, grab the spoon, and pick up the burger. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked kale keeps in the fridge for 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
83	Tofu Omelet Strips Strawberry Pistachio Mash	Chicken Liver Two Ways Roasted Beet Wedges	None	Egg Sesame Soy Tree Nut (Pistachio) Tree Nut (Walnut)

Meal 1: Tofu Omelet Strips + Strawberry Pistachio Mash

Yield: 1 cup omelet + 1 cup mash (1-2 child-sized servings)

Time: 15 minutes

2 ounces firm tofu (1 ounce is about the size of an adult thumb)
2 eggs
1 teaspoon olive oil
6 fresh large ripe strawberries
1 teaspoon ground pistachio
½ teaspoon sesame seeds

Prepare the omelet. Rinse, dry, and mince the tofu. Whisk the eggs, minced tofu, and any leftover minced sauteed kale from yesterday. Warm the oil in the skillet set on medium heat. When it shimmers, pour in the egg-tofu mixture. Cover and turn the heat to low. Cook until the eggs are firm and the edges have started to curl, about 5 minutes. Use a spatula to fold the omelet in half. Cook until the omelet's inside is completely done, about 3 minutes more. Remove from the pan. Let cool to room temperature. Cut into strips about the width of two adult fingers pressed together.

Prepare the mash. Wash and dry the strawberries. Slice off the stems. Set aside the largest berry to serve whole. Mash and mix the remaining strawberries and ground pistachio until mostly smooth. A little texture is okay as long as there are no large clumps of berry or nut.

To Serve: Scoop some omelet strips and strawberry pistachio mash onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle sesame seeds on top. Place the plate in front of baby and lay the whole strawberry and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the food. If baby needs help, lay a pre-loaded spoon on the plate for baby to pick up—or pass it in the air for baby to grab.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. An open package of firm tofu keeps when sealed in the fridge for 3 days. Strawberry pistachio mash keeps when sealed in the fridge for 3 days.

Meal 2: Chicken Liver Two Ways + Roasted Beet Wedges

Yield: 1 cup each liver (16 child-sized servings) + beet (1-2 child-sized servings)

Time: 1 ½ hours

1 large beet (~the size of a softball) or 6 ounces pre-packaged cooked beets
1 teaspoon olive oil
4 fresh or frozen chicken livers
2 ½ cups water or unsalted chicken stock (ideally BPA-free if canned), separated
2-3 thin rice cakes
½ teaspoon ground walnut

Prepare the beet. If you are starting with a whole beet, preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Wash and scrub the beet. Coat with the oil, then wrap in foil. Roast until a knife easily inserts into the beet, between 45 minutes and 1 hour. Remove from the oven. Unwrap and let cool. Peel the skins. Cut the flesh of the whole beet or pre-packaged cooked beets into wedges about the size of two adult fingers pressed together. Cool to room temperature.

Prepare the chicken liver. Defrost the meat. Cut off connective tissue. Bring 2 cups water or stock to a boil. Add the meat, then lower the heat to medium-low. Cook until firm with no pink meat, about 7 minutes. Check that the internal temperature has reached 165 degrees Fahrenheit / 75 degrees Celsius. Remove the meat from the pot. Mash and mix 3 livers and the remaining ½ cup water or stock until smooth, adding splashes of water to loosen the mixture as needed. Spread 1 tablespoon of pâté onto the rice cakes. Slice the fourth liver into strips.

To Serve: Lay the liver strips, the cakes, 1 beet wedge, and a baby spoon on a baby plate. Mash 1 or 2 beet wedges and scoop the mash onto the plate, then sprinkle ground walnut on top. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

To Store: Cooked beet keeps in an air-tight container in the fridge for 1 week. Chicken liver pâté keeps in air-tight containers in the fridge for 3 days or in the freezer for 2 months.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
84	Banana Sunflower Seed Mash Banana Spears with Ground Almond Almond Butter "Paint"	Peanut Tofu Strips Beets Two Ways	Sunflower Seed Butter	Peanut Soy Tree Nut (Almond) Tree Nut (Pistachio)

Meal 1: Banana Sunflower Seed Mash + Banana Spears with Ground Almond + Almond Butter "Paint"

Yield: 1 cup mash (1 child-sized serving)

Time: 5 minutes

- 1 ripe banana
- 1 teaspoon sunflower seed butter
- 1 teaspoon ground almond
- 1 teaspoon smooth almond butter

Prepare the mash. Peel the banana. Mash and mix half the banana and sunflower seed butter until smooth, adding splashes of warm water to loosen the mixture as needed. It should be loose and spreadable with no clumps of sunflower seed butter.

Prepare the spears. Separate the remaining half of the banana into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in ground almond.

Prepare the paint. Whisk the almond butter with warm water until smooth—like paint!—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Scoop the mash onto a baby plate and lay the banana spears on the side. Pre-load a spoon with the mash and lay it on the side of the plate. Place the plate and the bowl of "paint" in front of baby. Let baby self-feed by trying to pick up the spoon and spears. Show baby how to dip the spoon and spears (or little fingers!) in the loosened almond butter and paint on the plate!

Meal 2: Peanut Tofu Strips + Beets Two Ways

Yield: ¼ cup tofu + ½ cup beet (1 child-sized serving)

Time: 45 minutes

- 2 ounces firm tofu (1 ounce is approximately the size of your thumb)
- 1 teaspoon coconut oil or olive oil
- 1 tablespoon smooth peanut butter
- 3-4 leftover roasted beet wedges
- 1 teaspoon ground pistachio

Prepare the tofu. Rinse and dry the tofu. Cut into 2 or 3 strips. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, add the tofu and stir to coat. Cook until golden, about 3 minutes, then flip and cook on the other side until golden, about 2 minutes more. Remove from the heat.

Prepare the peanut sauce. Whisk the peanut butter and 1 tablespoon of warm water until smooth, adding more water to loosen the mixture as needed. There should be no clumps of peanut butter. Coat the tofu strips in the sauce. Cool to room temperature.

Prepare the beets. Grab the leftover roasted beets from the fridge. If you've run out, use the [recipe on Day 83](#) to prepare a fresh batch—or use any leftover cooked veggie that you have on hand.

To Serve: Lay the peanut tofu strips and 1 wedge on a baby plate. Mash the remaining beet wedges and scoop the mash onto the plate. Sprinkle ground pistachio on top. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the food. If baby needs help, lay a pre-loaded spoon on the plate for baby to pick up—or pass it in the air for baby to grab.

To Store: An open package of firm tofu keeps when sealed in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
85	Pumpkin Walnut Pancake Pumpkin Seed Butter Drizzle Stewed Apple	Chickpea Pasta with Cashew Cream Sauteed Spinach	None	Tree Nut (Cashew) Tree Nut (Walnut) Wheat

Meal 1: Pumpkin Walnut Pancake + Pumpkin Seed Butter Drizzle + Stewed Apple

Yield: 1 cup apple (1-2 child-sized servings)

Time: 20 minutes

1 apple
1 cup water
1 cinnamon stick, clove, nutmeg, or star anise (optional)
1-2 leftover pumpkin walnut pancake(s)
2 teaspoons pumpkin seed butter

Prepare the apple. Wash, peel, and halve the apple. Remove the core, seeds, and stem ends. Place the apple halves, water, and spice in a pot. Set on medium heat, cover, and cook until the apple is soft, about 10 minutes. Remove the apple halves from liquid and cool to room temperature. Reserve the stewing liquid but discard the spice.

Prepare the pancake. Grab 1 or 2 pancakes from the freezer. If you're out, use the [recipe on Day 68](#) to make a fresh batch.

Prepare the sauce. Whisk the pumpkin seed butter and 2 teaspoons of the stewing water until smooth, adding more liquid to loosen the mixture as needed. It should be saucy with no clumps of pumpkin seed butter.

To Serve: Lay the pancake(s) and 1 stewed apple half on a baby plate. Drizzle the pumpkin seed butter sauce on top. Place the plate in front of baby. Let baby self-feed by trying to hand-scoop and pick up the food. If baby needs help, pass food in the air to grab.

To Store: Stewed apple keeps in an air-tight container in the fridge for 1 week.

Tip: Treat yourself—the leftover liquid from stewing the apple makes great tea.

Meal 2: Chickpea Pasta with Cashew Cream + Sauteed Spinach

Yield: 1 cup each pasta + spinach (1-2 child-sized servings)

Time: 15 minutes

1 cup leftover chickpea pasta with cashew cream
1 cup packed fresh or frozen spinach
1 teaspoon olive oil
1 lemon slice

Prepare the pasta. Grab the leftover pasta from the fridge. If you've run out, use the [recipe on Day 80](#) to prepare a fresh batch—or use any leftover pasta you have on hand. Heat the pasta with a splash of water to loosen the mixture. Stir to break up any clumps of pasta and sauce. Cool to room temperature.

Prepare the spinach. Wash, dry, and defrost the greens. Warm the oil in a skillet. Add the spinach once it shimmers. Stir to coat, then cook until wilted, about 3 minutes. Remove from the heat. Chop the greens, then stir in the juice of the lemon wedge, taking care to remove any fallen seeds.

To Serve: Scoop the pasta and some greens onto the plate. Exact serving size is variable. Let baby's appetite decide how much is eaten. Let baby self-feed by scooping with hands and trying to pick up the food. Encourage baby by passing a piece of food in the air to grab.

To Store: Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
86	Stewed Pear with Ground Hazelnut Sunflower Seed Butter "Paint"	Coconut Quinoa with Ground Hazelnut Sweet Potato Wedges	Hazelnut	Tree Nut (Hazelnut)

Meal 1: Stewed Pear with Ground Hazelnut + Sunflower Seed Butter "Paint"

Yield: 1 cup pear (1-2 child-sized serving)

Time: 20 minutes

1 ripe pear
1 cinnamon stick, clove, nutmeg, or star anise (optional)
¼ teaspoon ground hazelnut
2 teaspoons sunflower seed butter

Prepare the pear. Wash, peel, and halve the pear. Remove the core, seeds, and stem ends. Place the pear halves in a small pot with the water and spice. Set on medium heat, cover, and cook until the pear is soft, about 10 minutes. Remove the pear from pot. Reserve the stewing liquid but discard the spice. Let the pear cool to room temperature.

Prepare the paint. Whisk the sunflower seed butter and 2 teaspoons of the stewing water until smooth, adding more liquid to loosen the mixture as needed. It should be saucy and smooth —like paint! Transfer to a small baby bowl or cup that is wide enough for little hands to reach inside.

To Serve: Lay the stewed pear halves on a baby plate. Sprinkle ground hazelnut on top. Place the plate, a baby spoon, and the bowl of "paint" in front of baby. Let baby self-feed by trying to pick up the pear halves and practice with the spoon. Show baby how to dip the spoon (or little fingers!) in the loosened sunflower seed butter and paint on the plate!

To Store: Stewed pear keeps in an air-tight container in the fridge for 1 week.

Meal 2: Coconut Quinoa with Ground Hazelnut + Sweet Potato Wedges

Yield: 1 cup each quinoa + potato (1-2 child-sized servings)

Time: 40 minutes

1 medium sweet potato
1 teaspoon olive oil
1 cup leftover coconut quinoa
½ teaspoon ground hazelnut

Prepare the potato. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Peel the potato skin, then cut the flesh into wedges. Coat with the oil. Evenly space on the tray. Roast for 15 minutes, then flip the wedges and continue to roast for 15 minutes. Remove from the oven. Cool to room temperature.

Prepare the quinoa. Grab the leftover coconut quinoa from the fridge. If you've run out, use the [recipe on Day 82](#) to prepare a fresh batch—or use any leftover porridge that you have on hand. Heat the quinoa with a splash of water to loosen the mixture. Stir to break up any clumps.

To Serve: Scoop the coconut quinoa into a baby bowl and stick in a baby spoon and 2 to 3 potato wedges so that they are laying on the side of the bowl to make it easier for little hands to grab. Sprinkle ground hazelnut on top. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the potato wedges. Encourage utensil use by laying a pre-loaded spoon on the side to grab—or pass it in the air for baby to grab.

Tip: Chia seed pudding is on the menu tomorrow! Save time by making it today. This way, the pudding can thicken overnight in the fridge.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
87	Banana Chia Seed Pudding with Ground Hazelnut Grated Apple Cashew Butter "Paint"	Orange Couscous with Ground Pistachio Sauteed Spinach with Sesame Seeds	Couscous	Peanut Sesame Tree Nut (Cashew) Tree Nut (Hazelnut) Tree Nut (Pistachio) Wheat

Meal 1: Banana Chia Seed Pudding with Ground Hazelnut + Grated Apple + Cashew Butter "Paint"

Yield: 2 cups pudding (2-4 child-sized servings)

Time: 1 hour or overnight

1 ripe banana
 ¾ cup full-fat coconut milk (ideally BPA-free if canned)
 3 tablespoons chia seeds
 1 pinch cardamom, cinnamon, nutmeg, or another warm spice (optional)
 1 apple
 1 teaspoon cashew butter
 1 teaspoon ground peanut
 1 teaspoon ground hazelnut

Prepare the chia seed pudding. Peel and mash the banana. Transfer to a small glass jar with a sealed lid. A 2-cup mason jar works perfectly! Add the coconut milk, chia seeds, hazelnut, and seasoning. Seal then shake to combine. Chill the jar in the fridge until the seeds have expanded and the mixture has thickened, at least 1 hour. Shake every 10 minutes or so to emulsify the mixture and help speed up the process. Alternatively, make chia seed pudding the night before serving and let it set overnight in the fridge. No need to shake!

Prepare the apple. Wash and halve apple. Grate one half. Store the other for a future meal—or enjoy it as a snack as baby eats!

Prepare the paint. Whisk the cashew butter with warm water until smooth—like paint!—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Scoop some pudding onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle the grated apple and ground peanut on top. Lay a baby spoon and the bowl of "paint" on the side. Let baby self-feed by trying to scoop with hands and practice with the spoon. If baby needs help, lay a pre-loaded spoon on the plate for baby to pick up—or pass it in the air for baby to grab. Show baby how to dip the spoon (or little fingers!) in the loosened cashew butter and paint on the plate!

Meal 2: Orange Couscous with Ground Pistachio + Sauteed Spinach with Sesame Seeds

Yield: 2 ½ cups couscous (3-4 child-sized servings)

+ 1 cup spinach (1-2 child-sized servings)

Time: 30 minutes

1 cup dry instant couscous
 1 cup water or unsalted meat or vegetable stock (ideally BPA-free if canned)
 1 navel orange
 1 cup packed fresh or frozen spinach
 1 teaspoon olive oil
 1 teaspoon ground pistachio
 ½ teaspoon sesame seeds

Prepare the couscous. Rinse the pasta, then transfer to a mixing bowl. Wash and dry the orange, then zest the rind into the bowl. Bring the water or stock to a boil, then pour into the bowl. Let sit for 5 minutes, then fluff the couscous. Cut the zested orange in half. Juice one half, then strain the pulp and seeds and pour the juice over the couscous. Stir to combine. Cool to room temperature. Store the other half of the orange for a future meal—or enjoy a snack as baby eats!

Prepare the spinach. First, wash, dry, and defrost the greens. Warm the oil in a skillet. Add the spinach once it shimmers. Stir to coat, then cook until wilted, about 3 minutes. Remove from the heat. Chop the greens.

To Serve: Scoop some spinach and couscous into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground pistachio and sesame seeds on top. Stick in a baby spoon in the bowl and place the bowl in front of baby. Let baby self-feed by trying to hand-scoop and practice with the spoon. If baby needs help, lay a pre-loaded spoon on the side of the bowl for baby to pick up—or pass it in the air for baby to grab.

To Store: Orange couscous keeps when sealed in the fridge for 3 days. Cooked spinach keeps in an air-tight container in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
88	Egg Tofu Scramble with Sesame Seeds Avocado Spears with Ground Almond	Trout Rutabaga Wedges Tomato Wedges	None	Egg Fish Sesame Soy Tree Nut (Almond)

Meal 1: Egg Tofu Scramble with Sesame Seeds + Avocado Spears with Ground Almond

Yield: ½ cup scramble + ½ cup avocado (1 child-sized serving)

Time: 10 minutes

2 ounces firm tofu (1 ounce is about the size of an adult thumb)
2 eggs
1 teaspoon olive oil
1 ripe avocado or 1 leftover avocado half
1 teaspoon ground almond
½ teaspoon sesame seeds

Prepare the scramble. Rinse, dry, and mince the tofu—then whisk with the eggs. Warm the oil in the skillet set on medium heat. When it shimmers, pour in the egg-tofu mixture. Cook, stirring frequently, until fluffy and fully set, about 5 minutes. Remove from the pan. Cool to room temperature.

Prepare the spears. Next, grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out and cut the flesh from one half into spears, and store the other half for a future meal—or snack on it as baby eats. Roll the spears in ground almond.

To Serve: Scoop the egg tofu scramble onto a baby plate. Sprinkle sesame seeds on top. Lay the avocado spears and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice using the spoon, and pick up the spears. Encourage utensil use by laying a pre-loaded spoon on the side to pick up—or pass it in the air for baby to grab.

To Store: An open package of firm tofu keeps when sealed in the fridge for 3 days. Cut avocado keeps in its peel in the fridge for 3 days.

Meal 2: Trout + Rutabaga Wedges + Tomato Wedges

Yield: 1 cup fish (6 child-sized servings) + rutabaga (1-2 child-sized servings)

Time: 30 minutes

1 fresh or frozen boneless freshwater trout fillet (6-ounces)
1 ¼ cups water or unsalted stock (ideally BPA-free if canned), separated
1 medium rutabaga or turnip (about the size of a softball)
1 ripe beefsteak tomato or 1-2 leftover tomato wedges

Prepare the fish. Defrost and remove any bones. Bring the water or stock to a boil. Gently lower the fillet into the boiling water, then cover and reduce the heat to low. Cook until the flesh easily flakes, between 6 and 10 minutes. Check that the fillet's internal temperature has reached 145 degrees Fahrenheit / 60 degrees Celsius. Remove the fillet from the liquid. Remove and discard any skin. Cool the fish to room temperature. Place 2 ounces of fish (about the size of two adult thumbs) on a baby plate. Store the rest for a future meal.

Prepare the rutabaga. Wash and peel the skin. Slice the root into wedges about the size of two adult fingers pressed together. Place in a steamer basket in a pot and add a few splashes of water to the pot. Cover and set on medium-high heat. Cook until very soft, about 15 minutes. Remove from the heat. Let cool to room temperature. Lay 2 to 3 rutabaga wedges on the plate.

Prepare the tomato. Grab leftover tomato wedges from the fridge or start with a fresh one. Wash the tomato, then cut into wedges.

To Serve: Lay the tomato wedges on the plate with the fish and rutabaga wedges. Let baby self-feed by trying to pick up the food. If baby needs help, pass a piece of food in the air for baby to grab.

To Store: Cooked trout keeps in an air-tight container in the fridge for 4 days. Cooked rutabaga keeps in an air-tight container in the fridge for 3 days. Cut tomato keeps when tightly wrapped in the fridge for 3 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
89	Orange Couscous Blueberry Ricotta Cheese with Ground Walnut Smashed Blueberries	Mejadra (Spiced Lentils and Rice) Rutabaga Mash with Ground Cashew	Rice	Cow's Milk Tree Nut (Cashew) Tree Nut (Walnut) Wheat

Meal 1: Orange Couscous + Blueberry Ricotta Cheese with Ground Walnut + Smashed Blueberries

Yield: ½ cup each couscous + blueberry ricotta cheese (1 child-sized serving)

Time: 10 minutes

½ cup leftover orange couscous
¼ cup fresh or frozen blueberries
½ cup fresh whole milk ricotta cheese
1 teaspoon ground walnut

Prepare the couscous. Grab the leftover orange couscous from the fridge. If you've run out, use the [recipe on Day 87](#) to prepare a fresh batch. Heat the couscous with a splash of water and/or the juice from a leftover orange wedge to loosen the mixture. Stir to break up any clumps.

Prepare the berries. Defrost, wash, and dry the berries. Remove any leaves and stems. Flatten 4 or 5 berries with a fork or finger. Mash the remaining berries in a bowl. Make sure to break down the skins (they are super healthy!) but if any large pieces remain, pick them out to reduce the choking risk. Mix with the ricotta.

To Serve: Scoop the couscous and blueberry ricotta cheese onto a baby plate. Top with ground walnut. Lay the smashed blueberries and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the berries. If baby needs help, lay a pre-loaded spoon on the side of the plate for baby to pick up—or pass it in the air for baby to grab.

Meal 2: Mejadra (Spiced Lentils and Rice) + Rutabaga Mash with Ground Cashew

Yield: 2 cups mejadra (2-4 child-sized servings)

Time: 45 minutes

½ cup dry Puy lentils (or any brown or green lentils)
2 ½ cups water or unsalted stock (ideally BPA-free if canned), separated
⅓ cup dry Basmati rice
1 medium onion
4 tablespoons olive oil
⅛ teaspoon each ground cinnamon, coriander, cumin, garlic powder, turmeric
3-4 leftover cooked rutabaga or turnip wedges
1 teaspoon ground cashew

Prepare the lentils. Rinse the lentils. Bring the lentils and 1 ½ cups water or stock to a boil, then reduce the heat to low. Cook, partially covered and stirring occasionally, until soft and tender, about 25 minutes. Drain.

Prepare the rice. Rinse the rice. Bring the rice and the remaining water or stock to a boil, then reduce the heat to medium-low. Cover and cook until the rice is soft and has absorbed the liquid, about 15 minutes. Remove from the heat. Let rest for 5 minutes, then uncover and fluff the rice with a fork.

Prepare the mejadra. Peel and mince the onion. Warm the oil in a skillet set on medium heat. When it shimmers, add the onion and stir to coat. Cook until the soft, about 5 minutes. Stir in the spices. Continue to cook until fragrant, about 1 minute more. Remove from the heat. Stir in the lentils and rice.

Prepare the rutabaga. Grab leftover rutabaga or turnip wedges (or any cooked vegetable) from the fridge. Mash in a baby bowl until smooth.

To Serve: Scoop some mejadra on top of the mashed veggies. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground cashew on top of the food and stick a baby spoon in the bowl. Let baby self-feed by trying to scoop with hands and practice with the spoon.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
90	Pumpkin Seed Butter Yogurt Sliced Cantaloupe with Ground Hazelnut Peanut Butter "Paint"	Mushroom Ramen Peanut Tofu Orange Wedges	None	Cow's Milk Peanut Sesame Soy Tree Nut (Hazelnut) Wheat

Meal 1: Pumpkin Seed Butter Yogurt + Sliced Cantaloupe with Ground Hazelnut + Peanut Butter "Paint"

Yield: 1 cup (1 child-sized serving)

Time: 10 minutes

1 cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons pumpkin seed butter
1 handle or 2-3 rectangular strips cantaloupe (or any sweet melon)
1 teaspoon ground hazelnut
1 teaspoon smooth peanut butter

Prepare the yogurt. Whisk the yogurt and pumpkin seed butter until smooth, adding more yogurt to loosen the mixture as needed.

Prepare the melon. Wash, dry, and remove any rind and seeds from the cantaloupe. If you are starting fresh with whole melon, cut a wedge or thin rectangular slices about the width and length of two adult fingers pressed together. Roll in ground hazelnut.

Prepare the paint. Whisk the peanut butter with warm water until smooth—like paint!—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Scoop the yogurt onto a baby plate and lay the sliced melon and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the food. Show baby how to dip the spoon (or little fingers!) in the loosened peanut butter and paint on the plate!

To Store: Cut cantaloupe keeps when sealed in the fridge for 3 days.

Tip: You're almost through the First 100 Days! If baby has started to hone the pincer grasp (where the thumb and forefinger meet) trying moving down in size by serving bite-sized pieces of food rather than larger ones.

Meal 2: Mushroom Ramen + Peanut Tofu + Orange Wedges

Yield: 1 cup ramen + ¼ cup tofu (1-2 child-sized servings)

Time: 20 minutes

2 large white button or cremini mushroom caps
2 cloves garlic
2 tablespoons butter
1 package curly ramen noodles (5 ounces)
2 ounces firm tofu (1 ounce is approximately the size of your thumb)
1 teaspoon peanut oil or olive oil
1 tablespoon smooth peanut butter
2-3 leftover orange wedges
½ teaspoon sesame seeds

Prepare the ramen. Wipe any dirt from the mushrooms. Peel the garlic. Mince the mushrooms and the garlic. Warm the butter in a skillet set on medium-low heat. Add mushrooms and garlic and stir to coat. Cook until soft, about 5 minutes. Turn off the heat. Next, boil the noodles until soft. Transfer the noodles to the skillet with the sauce. Stir to coat. Use kitchen shears to cut up the ramen into small lengths for baby. Cool to room temperature.

Prepare the tofu. First, rinse the tofu. Pat dry. Cut into 2 or 3 strips—or cubes if baby has developed a pincer grasp. Warm the oil in a non-stick skillet set on medium heat. When it shimmers, add the tofu and stir to coat. Cook until golden, about 3 minutes, then flip and cook on the other side until golden, about 2 minutes more. Remove from the heat. Next, whisk the peanut butter and 1 tablespoon of warm water until smooth, adding more water to loosen the mixture as needed. Coat the tofu strips in the sauce. Let cool.

To Serve: Scoop some ramen and tofu onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Top with sesame seeds. Lay 1 or 2 orange wedges on the side. Let baby self-feed by hand-scooping.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
91	Hard-Boiled Eggs Two Ways Raspberry Toast with Ground Pistachio	Spaghetti Squash Sesame Tahini Yogurt Dip Kidney Beans	Spaghetti Squash	Cow's Milk Egg Sesame Tree Nut (Pistachio) Tree Nut (Hazelnut) Wheat

Meal 1: Hard-Boiled Eggs Two Ways + Raspberry Toast with Ground Pistachio

Yield: ½ cup egg salad + toast (1-2 child-sized servings)

Time: 20 minutes

3 eggs
1 tablespoon Greek yogurt or unsweetened whole milk yogurt of choice
1 pinch each garlic powder and onion powder
1 slice whole wheat bread or Ezekiel bread
6 fresh large ripe raspberries or ¼ cup frozen raspberries
½ teaspoon ground pistachio

Prepare the eggs. Bring a pot of water to boil. Gently lower the eggs into the boiling water. Cover and cook for 10 minutes, then transfer the eggs to a bowl of ice water. Peel the eggs once they are cool. Discard the shells. Mash and mix 2 eggs, the yogurt, and the spices until mostly smooth. A little texture is okay but take care to smash any chunks of egg. Cut the remaining egg into quarters.

Prepare the toast. Wash the raspberries. If the berries are juicy and large, set aside 1 or 2 to serve whole. Mash the rest. Lightly toast the bread. Cut off the crust and reserve to make breadcrumbs for another meal. Thinly spread the mashed berries on the toast, then cut the toast into strips about the size of two adult fingers pressed together. Sprinkle ground pistachio on top.

To Serve: Scoop some egg salad onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the quartered egg, raspberry toast strips, whole raspberry, and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up pieces of food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab—or lay it on the side of the plate for baby to pick up.

To Store: Egg salad keeps in an air-tight container in the fridge for 5 days.

Meal 2: Spaghetti Squash + Sesame Tahini Yogurt Dip + Kidney Beans

Yield: 2 cups squash (2-4 child-sized servings)

Time: 45 minutes

1 small spaghetti squash
1 tablespoon olive oil
½ cup Greek yogurt or unsweetened whole milk yogurt of choice
2 teaspoons each sesame tahini and ground hazelnut
¼ cup cooked kidney beans (ideally from a BPA-free can)

Prepare the squash. Preheat the oven to 400 degrees Fahrenheit / 205 degrees Celsius. Line a sheet tray with parchment paper. Wash and dry the squash. Cut in half lengthwise. Scoop out and discard the seeds. Coat the squash in the oil, then place cut-side down on the sheet tray. Use a fork to pierce a few holes that will let steam escape. Roast until a knife easily inserts into the flesh, between 30 and 40 minutes. Remove from the oven and flip so that the squash interiors are facing up. Cool to room temperature, then use a fork to pull and shred the flesh, creating threads that look like pasta.

Prepare the dip. Whisk the yogurt and sesame tahini until smooth, add more yogurt to loosen the mixture as needed. There should be no clumps of tahini.

Prepare the beans. Rinse the beans to remove excess sodium. Use a fork or finger to flatten the bean—or leave whole if baby has developed a pincer grasp.

To Serve: Scoop the sesame tahini dip onto a baby plate. Top with some squash. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground hazelnut on top of the squash. Lay the beans and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up pieces of food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab—or lay it on the side of the plate for baby to pick up.

To Store: An open can of beans keeps when sealed in the fridge for 4 days. Cooked squash keeps in an air-tight container in the fridge for 5 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
92	Egg Salad Mashed Garden Peas Tomato Wedges	Pesto Spaghetti Squash Lemony Cauliflower Florets	Garden Peas	Cow's Milk Egg Sesame Tree Nut (Walnut)

Meal 1: Egg Salad + Mashed Garden Peas + Tomato Wedges

Yield: 1 cup egg and pea salad (1 child-sized serving)

Time: 15 minutes

½ cup fresh or frozen garden peas
½ cup leftover egg salad
1 lemon or lime slice
1 ripe beefsteak tomato or 1-2 leftover tomato wedges
½ teaspoon sesame seeds

Prepare the peas. Wash the peas and place in a bowl. Pour boiling water over the peas and cover with a kitchen towel. After 5 minutes, check to see if they are done. They should be bright green and soft. Drain.

Prepare the egg salad. Grab the leftover egg salad from the fridge. If you've run out, use the [recipe on Day 91](#) to prepare a fresh batch. Mash and mix the peas, egg salad, and the juice of the citrus slice until mostly smooth. A little texture is okay but take care to smash any chunks of egg and/or pea and to remove any citrus seeds that fall into the mixture.

Prepare the tomato. Grab leftover tomato wedges from the fridge or start with a fresh one. Wash the tomato, then cut into wedges.

To Serve: Scoop the egg salad onto a baby plate. Sprinkle sesame seeds on top. Lay 1 or 2 tomato wedges and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up pieces of food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab—or lay it on the side of the plate for baby to pick up.

To Store: Cut tomato keeps for 3 days when tightly wrapped in the fridge.

Meal 2: Pesto Spaghetti Squash + Lemony Cauliflower Florets

Yield: 1 cup each squash + florets (1-2 child-sized servings)

Time: 20 minutes

1 cup packed fresh basil leaves
¼ cup + 1 teaspoon olive oil, separated
2 teaspoons lemon juice, separated
1 teaspoon ground walnut
1 cup fresh or frozen cauliflower florets
1 cup leftover spaghetti squash

Prepare the pesto. Wash and dry the basil. Blend the basil and ¼ cup of olive oil until smooth. Flecks of herb are okay, just make sure there are no large pieces of leaf. A small food processor or mortar and pestle speeds up this step, but if you don't have one, simply mince the basil with a knife, mix with the oil, and let the mixture rest for 15 minutes, stirring occasionally combine the flavors. Measure 1 tablespoon of basil oil into a bowl and store the rest for future meals. Whisk in 1 teaspoon of lemon juice and the ground walnut.

Prepare the cauliflower. Wash the florets, then place in a steamer basket in a pot. Add a few splashes of water, then cover and set on medium-high heat. Cook until are soft, about 10 minutes. Remove from the heat. Drizzle 1 teaspoon each of oil and lemon juice over the florets. Cool to room temperature.

Prepare the squash. Grab the leftover spaghetti squash from the fridge. If you've run out, use the [recipe on Day 91](#) to make a fresh batch—or swap for any penne pasta. Reheat the squash, stirring to break apart and loosen any clumps as needed. Add the pesto and stir to coat the squash..

To Serve: Scoop the pesto spaghetti squash onto a baby plate. Lay some cauliflower florets on the side. Let baby self-feed by trying to scoop with hands and pick up the food.

To Store: Basil oil and pesto pasta keep in air-tight containers in the fridge for up to 3 days. Store separately so that the oil can be used in other dishes.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
93	Blueberry Ricotta Bowl with Ground Cashew Almond Butter "Paint"	Salmon Salad Pesto Toast Strips	None	Cow's Milk Fish Tree Nut (Almond) Tree Nut (Cashew) Tree Nut (Walnut) Wheat

Meal 1: Blueberry Ricotta Bowl with Ground Cashew + Almond Butter "Paint"

Yield: 1 cup (1 child-sized serving)

Time: 5 minutes

½ cup fresh or frozen blueberries
½ cup fresh ricotta cheese
1 pinch cinnamon (optional)
1 teaspoon ground cashew
1 teaspoon smooth almond butter

Prepare the berries. Defrost, wash, and dry the berries. Remove any leaves and stems. Flatten 4 or 5 berries with a fork or finger. Set aside. Mash the remaining berries in a bowl. Make sure to break down the skins (they are super healthy!) but if any large pieces remain, pick them out to reduce the choking risk.

Prepare the ricotta. Add the ricotta cheese and cinnamon to the bowl with the mashed berries. Stir to combine. Scoop the blueberry ricotta onto a baby plate. Sprinkle the ground cashew on top.

Prepare the paint. Whisk the almond butter with warm water until smooth—like paint!—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Lay the flattened berries and a baby spoon on the baby plate. Place the plate and the bowl of "paint" in front of baby. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the berries. If baby needs help, lay a pre-loaded spoon on the plate for baby to pick up—or pass it in the air for baby to grab. Show baby how to dip the spoon (or little fingers!) in the loosened almond butter and paint on the plate!

To Store: Blueberry ricotta cheese keeps in an air-tight container in the fridge for 1 week.

Meal 2: Salmon Salad + Pesto Toast Strips

Yield: 1 cup (3 child-sized servings)

Time: 30 minutes

1 can "no salt-added" wild sockeye salmon (6 ounces, ideally BPA-free)
½ cup vegan mayonnaise or mashed avocado
1 pinch each garlic powder, onion powder, and sweet paprika (optional)
2 teaspoons leftover basil oil
1 teaspoon ground walnut
1 lemon slice
1 slice whole wheat or Ezekiel bread

Prepare the salad. Rinse the fish to remove excess sodium. Remove any bones and skin. Mash and mix the fish, vegan mayonnaise, and spices until mostly smooth.

Make the pesto. Grab the basil oil from the fridge. If you've run out, skip this step and top the toast with lemon juice, a drizzle of olive oil, and a sprinkle of ground walnut. Otherwise, whisk the basil oil with the ground walnut and the juice of the lemon slice, taking care to remove any fallen seeds.

Prepare the toast strips. Lightly toast the bread. Cut off the crust and reserve to make breadcrumbs. Spread the pesto on the toast, then cut into strips about the size of two adult fingers pressed together.

To Serve: Scoop ⅓ cup of salmon salad onto a baby plate. Lay the toast strips and a baby spoon on the side. Let baby self-feed by trying to scoop with hands and practice with the spoon. If baby needs help, pass a pre-loaded spoon in the air for baby to grab—or lay it on the side of the plate for baby to try to pick up.

To Store: Salmon salad keeps in an air-tight container in the fridge for 3 days. An open can of salmon keeps when sealed in the fridge for up to 2 days.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
94	Broccoli Tofu Omelet Strips Kidney Beans	Turkey Burger Applesauce Pistachio Dip Spaghetti Squash with Ground Peanut	None	Egg Peanut Soy Tree Nut (Pistachio)

Meal 1: Broccoli Tofu Omelet Strips + Kidney Beans

Yield: 1 cup omelet + ¼ cup beans (1-2 child-sized servings)

Time: 20 minutes

½ cup fresh or frozen broccoli florets
2 teaspoons olive oil, separated
2 eggs
1 ounce firm tofu (about the size of an adult thumb)
1 pinch ground black pepper or ground pepper of choice (optional)
¼ cup cooked kidney beans (ideally from a BPA-free can)
1 lemon or lime wedge

Prepare the broccoli. Wash the florets. Steam until soft, about 10 minutes. Remove from the heat. Set aside 2 or 3 florets to serve whole. Mince the rest.

Prepare the omelet. First, rinse, dry, and mince tofu. Whisk the eggs, tofu, minced broccoli, and spice. Warm 1 teaspoon of oil in a non-stick skillet set on medium heat. When it shimmers, pour in the egg mixture. Turn the heat to low and cover. Cook until the omelet is firm and the edges are starting to curl, about 5 minutes. Use a spatula to fold the omelet in half. Cook until set, about 3 minutes more. Remove from the heat and cool. Cut into strips.

Prepare the beans. Rinse to remove excess sodium. Use a fork or finger to flatten the bean—or leave whole if baby has developed a pincer grasp.

To Serve: Scoop the beans and reserved florets onto a baby plate. Sprinkle the remaining olive oil and the juice of the citrus slice on top. Lay a baby spoon and some omelet strips on the side. Exact serving size is variable. Let baby's appetite determine how much is eaten. Let baby self-feed by trying to scoop with hands, practice with the utensil, and pick up the food.

To Store: Omelet strips keep in an air-tight container in the fridge for 4 days. An open package of firm tofu keeps when sealed in the fridge for 3 days. An open can of beans keeps when sealed in the fridge for 4 days.

Meal 2: Turkey Burger + Applesauce Pistachio Dip + Spaghetti Squash with Ground Peanut

Yield: ½ cup each applesauce + squash (1 child-sized serving)

Time: 10 minutes

1 leftover turkey burger
½ cup leftover spaghetti squash
1 teaspoon olive oil
1 lemon or lime wedge
½ teaspoon ground peanut
½ cup no sugar added applesauce
1 teaspoon ground pistachio

Prepare the burger: Grab the leftover burger from the fridge or freezer. If you've run out, use the [recipe on Day 70](#) to prepare a fresh batch or use any leftover burger or patty that you have on hand. Defrost and set aside.

Prepare the squash. Grab the leftover spaghetti squash from the fridge. If you've run out, use the [recipe on Day 91](#) to make a fresh batch—or swap for any leftover veggie in your fridge. Reheat the squash, stirring to break apart and loosen any clumps as needed. Stir in the olive oil and the juice of the citrus slice, taking care to remove any fallen seeds. Top with ground peanut.

Prepare the dip. Stir the ground pistachio and applesauce until smooth.

To Serve: Scoop the dip onto a baby plate. Lay the burger on top and the squash on the side. Place a pre-loaded baby spoon on the side of the plate. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the food. If baby needs help, pass a pre-loaded spoon in the air for baby to grab.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
95	Blueberry Oatmeal with Ground Pecan Smashed Blueberries	Lemony Pasta with Ground Pecan Tomato Wedges	Pecan	Tree Nut (Pecan)

Meal 1: Blueberry Oatmeal with Ground Pecan + Smashed Blueberries

Yield: 1 ½ cup oatmeal (1-2 child-sized servings)

Time: 20 minutes

½ cup fresh or frozen blueberries
½ cup dry instant oats or oatmeal
1 cup whole water
¼ teaspoon ground pecan

Prepare the berries. Defrost, wash, and dry the berries. Remove any leaves and stems. Flatten 4 or 5 berries with a fork or finger. Set aside. Mash the remaining berries. Make sure to break down the skins (they are super healthy!) but if any large pieces remain, pick them out to reduce the choking risk.

Prepare the oatmeal. Place the instant oats or oatmeal in a mixing bowl. Bring the water to a boil, then pour into the bowl. Let sit until thickened and cooled to room temperature, about 10 minutes. Stir the mashed berries into the thickened oatmeal. Sprinkle the ground pecan on top.

To Serve: Place the bowl, the flattened berries, and a baby spoon in front of baby. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the flattened berries. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Cooked oatmeal keeps in air-tight container in the fridge for 1 week.

Meal 2: Lemony Pasta with Ground Pecan + Tomato Wedges

Yield: 2 cups (2-4 child-sized servings)

Time: 30 minutes

1 garlic clove
1 small shallot
2 tablespoons olive oil
1 tablespoon lemon juice
½ teaspoon ground black pepper (optional)
1 cup lentil penne (or chickpea pasta, quinoa pasta, or any wheat-free pasta)
1 ripe beefsteak tomato or 1-2 leftover tomato wedges
1 teaspoon ground pecan

Prepare the sauce. Peel and mince the garlic and shallot. Warm the oil in a skillet set on medium heat. When it shimmers, add the garlic and onion and stir to coat. Cook until soft, about 3 minutes. Turn off the heat. Stir in the lemon juice and pepper.

Prepare the pasta. Bring a pot of water to a boil. Add the pasta and cook until soft, about 12 minutes. Scoop the pasta from the pot to the skillet with the sauce. Stir to coat, adding splashes of the cooking water to loosen the mixture as needed.

Prepare the tomato. Grab leftover tomato wedges from the fridge or start with a fresh one. Wash the tomato, then cut into wedges.

To Serve: Scoop some pasta onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground pecan on top of the pasta. Lay the tomato wedges on the side. Place the plate in front of baby. Let baby self-feed by trying to scoop with hands and pick up the food.

To Store: Cooked pasta keeps in an air-tight container in the fridge for 5 days. Cut tomato keeps for 3 days when tightly wrapped in the fridge.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
96	Purple Pecan Oatmeal Balls Banana Spears with Ground Pecan	Parsnip Two Ways Kidney Beans Tomato Wedges	Parsnip	Cow's Milk Tree Nut (Hazelnut) Tree Nut (Pecan)

Meal 1: Purple Pecan Oatmeal Balls + Banana Spears with Ground Pecan

Yield: ½ cup each oatmeal + banana (1 child-sized serving)

Time: 5 minutes

½ cup leftover blueberry pecan oatmeal
1 ripe banana or 1 leftover banana half
1 teaspoon ground pecan

Prepare the oatmeal balls. Grab the leftover blueberry pecan oatmeal from the fridge. If you've run out, use the [recipe from Day 95](#) to make a fresh batch. Use your hands to roll the oatmeal into 1 or 2 balls.

Prepare the spears. Grab the banana half from the fridge, or cut a fresh banana in half crosswise. Peel the banana half and cut into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in ground pecan.

To Serve: Lay the oatmeal balls and banana spears on a plate. Let baby self-feed by trying to pick up the ball and spears. If baby needs help, pass food in the air to grab.

To Store: Cut banana keeps in its peel in the fridge for 3 days.

Meal 2: Parsnip Two Ways + Kidney Beans + Tomato Wedges

Yield: 1 cup parsnip (1-2 child-sized servings)

Time: 20 minutes

2 medium parsnips
2 tablespoon Greek yogurt or unsweetened whole milk yogurt of choice
1 teaspoon ground hazelnut
1 ripe beefsteak tomato or 1-2 leftover tomato wedges
¼ cup kidney beans (ideally from a BPA-free can)
1 teaspoon olive oil

Prepare the parsnips. First, bring a pot of water to a boil. While the water warms, peel the parsnip skin, then cut the flesh into spears. Place the parsnip spears in the boiling water, then reduce the heat to create a gentle simmer. Cook until a knife easily inserts into the thickest chunk, about 15 minutes. Drain and let cool to room temperature. Transfer half the cooked parsnip to a mixing bowl. Mash and mix with the yogurt until smooth, adding a spoonful or two of yogurt to loosen the mixture as needed. Scoop some parsnip mash and spears onto a baby plate. Sprinkle ground hazelnut on top of the mash. Let cool.

Prepare the tomato. Grab leftover tomato wedges from the fridge or start with a fresh one. Wash the tomato, then cut into wedges.

Prepare the beans. Rinse the beans to remove excess sodium. Use a fork or finger to flatten the bean—or leave whole if baby has developed a pincer grasp.

To Serve: Lay the beans and tomato wedges on the plate. Sprinkle the oil on top. Lay a baby spoon on the side. Let baby self-feed by practicing with the spoon and hand-scooping the food. If baby needs help, pass food in the air to grab.

To Store: Cooked parsnip keeps in an air-tight container in the fridge for 5 days. An open can of beans keeps when sealed in the fridge for 4 days. Cut tomato keeps for 3 days when tightly wrapped in the fridge.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
97	Broccoli Tofu Omelet Strips Avocado Black Bean Mash with Sesame Seeds Cashew Butter "Paint"	Pork Spare Rib Polenta (Corn Grits) with Ground Peanut	None	Cow's Milk Egg Peanut Sesame Soy Tree Nut (Cashew)

Meal 1: Broccoli Tofu Omelet Strips + Avocado Black Bean Mash with Sesame Seeds + Cashew Butter "Paint"

Yield: ½ cup each omelet + mash (1 child-sized serving)

Time: 10 minutes

½ cup leftover broccoli tofu omelet strips
¼ cup cooked black beans (ideally from a BPA-free can)
1 ripe avocado or 1 leftover avocado half
1 pinch ground cumin
1 teaspoon cashew butter
½ teaspoon sesame seeds

Prepare the eggs. Grab the leftover omelet from the fridge. If you've run out, use the [recipe on Day 94](#) to prepare a fresh batch.

Prepare the beans. Rinse the beans to remove excess sodium. Next, grab a leftover avocado half from the fridge. If you are starting fresh with a whole the avocado, cut lengthwise around the pit, gently twist the halves in opposite directions to separate them, and remove the pit. Scoop out the flesh from one half, and store the other half for a future meal—or snack on it as baby eats. Mash and mix the beans, avocado, and spice until smooth with no clumps.

Prepare the paint. Whisk the cashew butter with warm water until smooth—like paint!—in a baby bowl that is wide enough for little hands to reach inside.

To Serve: Scoop the beans and omelet strips onto a baby plate. Top with sesame seeds. Lay a baby spoon and the bowl of "paint" on the side. Let baby self-feed by hand-scooping and practicing with the spoon. If baby needs help, pass a pre-loaded spoon in the air for baby to grab. Show baby how to dip the spoon (or little fingers!) in the loosened cashew butter and paint on the plate!

To Store: Avocado black bean mash keeps in an air-tight container in the fridge for 4 days. An open can of beans keeps when sealed in the fridge for 4 days.

Meal 2: Pork Spare Rib + Polenta with Ground Peanut

Yield: 4 ribs + 2 cups polenta (2-4 child-sized servings)

Time: 2 ½ hours

1 pound fresh or frozen pork spare ribs
3 cups diced tomatoes (ideally BPA-free if canned)
1 tablespoon tomato paste
1 cup whole milk
½ cup dry polenta (corn grits, medium grind)
2 tablespoons unsalted butter
½ teaspoon ground peanut

Prepare the ribs. Preheat the oven to 300 degrees Fahrenheit / 150 degrees Celsius. Whisk the tomatoes and paste in a shallow baking dish. Lay the ribs on top. Tightly cover the dish. Cook until the meat is tender and pulling back from the ends of the bones, about 2 hours. Check the internal temperature between the bones: it should be at least 145 degrees Fahrenheit / 60 degrees Celsius. Remove the ribs from the oven and uncover. Let cool to the touch, then cut into 1-bone servings. Remove and discard any loose bone or gristle.

Prepare the polenta. Bring 1 cup water and milk to a boil. Turn the heat to low then slowly whisk in the polenta. Cook uncovered and stirring frequently for 5 minutes, then turn off the heat, stir in the butter, and cover. Let stand until creamy and thick, about 5 minutes. Uncover and cool to room temperature.

To Serve: Scoop some polenta onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Sprinkle ground peanut on the polenta, then lay a rib on top and a baby spoon on the side. Let baby self-feed by trying to scoop with hands, practice with the spoon, and pick up the rib. If baby needs help, lay a pre-loaded spoon on the plate for baby to pick up—or pass it in the air for baby to grab.

To Store: Cooked ribs and polenta keep in air-tight containers in the fridge for 3 days or in the freezer for 2 months.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
98	Apple Cinnamon Oatmeal Stewed Apple with Ground Hazelnut	Almond Fish Sticks Sesame Tahini Yogurt Dip	None	Cow's Milk Egg Fish Sesame Tree Nut (Almond) Tree Nut (Hazelnut) Wheat

Meal 1: Apple Cinnamon Oatmeal + Stewed Apple with Ground Hazelnut

Yield: 1 ½ cup oatmeal (1-2 child-sized servings)

Time: 30 minutes

1 apple
1 cinnamon stick
1 teaspoon ground hazelnut
½ cup dry instant oats or oatmeal
1 cup whole milk
1 pinch ground cinnamon

Prepare the apple. Wash, peel, and halve the fruit. Remove the core, seeds, and stem. Place 1 apple half in a small pot with 1 cup of water and the cinnamon stick. Cover and bring to a boil, then turn the heat to medium-low. Cook until soft, about 10 minutes. Remove the apple from liquid. Discard the cinnamon stick. Roll the stewed apple in ground hazelnut. Meanwhile, grate the raw apple and set aside for the oatmeal.

Prepare the oatmeal. Place the instant oats in a mixing bowl. Bring the milk to a boil, then pour into the bowl. Stir in the ground cinnamon and grated apple. Let the oatmeal sit until thickened and cooled, about 10 minutes.

To Serve: Scoop some oatmeal onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in a baby spoon and nestle the stewed apple half on the side. Let baby self-feed by scooping with hands, practicing with the spoon, and trying to pick up the apple. If baby needs help, lay a pre-loaded spoon on the side of the bowl for baby to pick up—or pass it in the air for baby to grab.

To Store: Cooked oatmeal and stewed apple keep in air-tight containers in the fridge for 1 week.

Meal 2: Almond Fish Sticks + Sesame Tahini Yogurt Dip

Yield: 12 sticks (6-12 child-sized servings) + ¼ cup dip (1 child-sized serving)

Time: 45 minutes

1 pound fresh or frozen boneless, skinless cod, flounder, sole, or tilapia
2 tablespoons lemon juice, separated
1 egg
2 teaspoons sesame tahini
½ cup Greek yogurt or unsweetened whole milk yogurt of choice, separated
¾ cup breadcrumbs or flour of choice
½ cup ground almond
2-3 leftover parsnip spears or any leftover veggie

Prepare the fish. Defrost the fillet. Remove any bones. Wash, dry, and zest the lemon. Cut half of the lemon into slices. Poach the fish with the lemon slices and enough water to almost cover the fillet. After 8 minutes, check that the fillet's internal temperature has reached 145 degrees Fahrenheit / 60 degrees Celsius. It is done when no translucent flesh remains inside the fillet. Remove the fillet from the skillet. Mash and mix the fish, eggs, ¼ cup of yogurt, breadcrumbs, and zest to form a paste, then shape into 12 fish sticks. Roll in ground almond.

Cook the fish sticks. Preheat the oven to 425 degrees Fahrenheit / 220 degrees Celsius. Line a sheet tray with parchment paper. Lightly coat with a high-heat oil of your choice. Evenly space the fish sticks on the tray. Bake until golden, about 15 minutes. Remove from the oven. Cool to room temperature.

Prepare the dip. Whisk the tahini and the remaining yogurt until smooth.

To Serve: Scoop the dip onto a baby plate. Lay 1 or 2 fish sticks on top and the leftover parsnip spears on the side. Let baby self-feed by trying to hand-scoop and pick up the food. If baby needs help, pass food in the air for baby to grab.

To Store: Fish sticks keep in an air-tight container in the fridge for 3 days or in the freezer for 1 year.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
99	Sesame Egg and Tofu Scramble Mango Spears with Ground Peanut	Mashed Carrots with Ground Pistachio Sauteed Kale Orange Wedges	None	Egg Peanut Sesame Soy Tree Nut (Pistachio)

Meal 1: Sesame Egg and Tofu Scramble + Mango Spears with Ground Peanut

Yield: 1 cup scramble + ½ cup spears (1-2 child-sized servings)

Time: 15 minutes

1 ounce firm tofu (about the size of an adult thumb)
2 eggs
1 teaspoon olive oil
1 ripe mango or leftover mango half
1 teaspoon ground peanut
½ teaspoon sesame seeds

Prepare the scramble. Rinse, dry, and mince the tofu. Whisk the eggs and minced tofu. Warm the oil in the skillet set on medium heat. When it shimmers, pour in the egg mixture. Cook, stirring frequently, until the eggs are fluffy and fully set, about 5 minutes. Remove from the pan. Cool to room temperature.

Prepare the spears. Wash, dry, and peel the fruit. Halve lengthwise along the pit. Store 1 half and the pit for a future snack or meal. Cut the remaining half into spears. Roll in ground peanut.

To Serve: Scoop the scramble onto a baby plate and sprinkle sesame seeds on top. Lay a baby spoon and the spears on the side. Let baby self-feed by scooping with hands, practicing with the spoon, and trying to pick up the spears. If baby needs help, lay a pre-loaded spoon on the side of the bowl for baby to pick up—or pass it in the air for baby to grab.

To Store: Leftover egg tofu scramble keeps in an air-tight container in the fridge for 3 days. Cut mango keeps in air-tight container in the fridge for 4 days.

Meal 2: Mashed Carrots with Ground Pistachio + Sauteed Kale + Orange Wedges

Yield: 1 cup each carrot + kale (1-2 child-sized servings)

Time: 20 minutes

2 medium carrots
1 cup packed fresh or frozen kale leaves
1 teaspoon olive oil
1 navel orange or 2-3 leftover orange wedges
1 teaspoon ground pistachio

Prepare the carrots. Wash, peel, and roughly chop the carrots. Bring a pot of water to a boil. Add the carrots, then turn the heat to medium-low. Cook until a knife easily inserts into the thickest piece, between 10 and 15 minutes depending on size. Drain. Mash until mostly smooth, adding a splash or two of warm water to loosen the mixture as needed. Cool to room temperature.

Prepare the kale. Defrost, wash, and dry the greens. Tear any large leaves from woody stalks. Warm the oil in a skillet set on medium heat. Add the kale leaves and cook, stirring occasionally, until wilted, about 6 minutes. Remove from the heat. Transfer the kale to a cutting board and mince. Cool to room temperature.

Prepare the orange. Grab the leftover orange wedges from the fridge, or start fresh by washing and cutting a whole orange into wedges.

To Serve: Scoop some carrot and kale onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay a baby spoon and the orange wedges on the side. Encourage baby to self-feed. If baby needs help, lay a pre-loaded spoon on the side of the bowl for baby to pick up. Super hungry baby? Serve a piece of buttered bread toward the end of the meal.

To Store: Cooked carrots and kale keep in air-tight containers in the fridge for 5 days. Cooked carrots can be frozen for 2 months.

Day	Meal 1	Meal 2	New Foods Introduced	Common IgE Allergens
100	Pineapple Coconut Quinoa Banana Spears with Ground Pecan	Lamb Chop Muhammara (Bell Pepper Walnut Dip)	None	Tree Nut (Pecan) Tree Nut (Walnut) Wheat

Meal 1: Pineapple Coconut Quinoa + Banana Spears with Ground Pecan

Yield: 2 cups quinoa (2-4 child-sized servings)
+ ½ cup banana (1 child-sized serving)

Time: 30 minutes

½ cup dry quinoa
1 teaspoon coconut oil
¾ cup water
3 tablespoons full-fat coconut milk (ideally BPA-free if canned)
1 cup mashed pineapple (ideally BPA-free if canned)
1 ripe banana or 1 leftover banana half
1 teaspoon ground pecan

Prepare the quinoa. Rinse the grains. Warm the oil in a pot set on medium heat. When it shimmers, add the quinoa and stir to coat. Lightly toast the grains, about 1 minute. Stir in the water and coconut milk, then cover. Bring to a boil, then turn down the heat to create a gentle simmer. Cook until the grains have absorbed the liquid, about 20 minutes. Remove from the heat. Uncover and fluff the grains with a fork. Stir in the mashed pineapple. Cool to room temperature.

Prepare the spears. Grab the banana half from the fridge, or cut a fresh banana in half crosswise. Peel the banana half and cut into spears. One quick way to do this: poke your index finger into the center of the cut side and push. The pressure naturally splits the fruit into spears. Roll the spears in ground pecan.

To Serve: Scoop some quinoa into a baby bowl. Exact serving size is variable. Let baby's appetite determine how much is eaten. Stick in a baby spoon and the banana spears. Let baby self-feed by trying to scoop with hands and pick up the spoon and the spears. Encourage utensil use by placing a pre-loaded spoon on the side of the bowl to grab—or pass it in the air if baby needs help.

To Store: Cooked quinoa keeps when sealed in the fridge for 3 days or in the freezer for 2 months. Cut banana keeps in its peel in the fridge for 3 days.

Meal 2: Lamb Chop + Muhammara (Bell Pepper Walnut Dip)

Yield: 1 chop (1 child-sized serving) + 1 ½ cup dip (2-4 child-sized servings)

Time: 30 minutes

1 fresh or frozen bone-in lamb chop (4 ounces)
½ cup + 1 teaspoon olive oil, separated
1 fresh or jarred red, orange, or yellow bell pepper
½ cup walnuts
½ breadcrumbs
1 garlic clove
1 tablespoon lemon juice
¼ teaspoon ground cumin

Prepare the lamb. Defrost the chop. Warm 1 teaspoon of oil in a skillet set on medium heat. When it shimmers, add the chop. Cook until the bottom browns, about 4 minutes, then flip to brown the other side, up to 6 minutes more depending on size. Check the chop's internal temperature: it should be 160 degrees Fahrenheit / 70 degrees Celsius. Remove from the heat. Let cool.

Prepare the dip. A high-powered blender or food processor make this recipe easier. If you don't have one, skip and simply serve the chop with cooked bell pepper halves using the [recipe on Day 20](#) or any leftover veggie. Otherwise, wash the pepper. If fresh, remove the skin by either charring the whole pepper on an open flame or roasting in a 400-degree Fahrenheit (205 degrees Celsius) until blistered. Once cool, peel the skin and discard the stem and seeds. Purée the pepper, walnuts, breadcrumbs, garlic, lemon juice, and spice until mostly smooth. A little texture is okay as long as there are no large pieces of nut.

To Serve: Scoop some dip onto a baby plate. Exact serving size is variable. Let baby's appetite determine how much is eaten. Lay the chop on top. If you like, slice off the chop's meat and serve to other family members, then let baby hold and munch on the bone.

To Store: Cooked lamb chop and muhammara keep in air-tight containers in the fridge for 3 days.

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