

Meal planner from around 6 until 7 months

	Early feed	Mid-Morning	Lunchtime	Early Evening	Bedtime
Monday	Breast milk or formula feed	Breast or formula milk with baby rice	Breast milk or formula feed	Carrot purée, breast milk or formula feed	Breast milk or formula feed
Tuesday	Breast milk or formula feed	Breast or formula milk with baby rice	Breast milk or formula feed	Banana purée feed	Breast milk or formula feed
Wednesday	Breast milk or formula feed	Breast or formula milk with blended mixture of oatmeal cereal and baby rice	Breast milk or formula feed	Stewed apple purée, breast milk or formula feed	Breast milk or formula feed
Thursday	Breast milk or formula feed	Breast or formula milk with blended oatmeal cereal	Breast milk or formula feed	Sweet potato purée, breast milk or formula feed	Breast milk or formula feed
Friday	Breast milk or formula feed	Breast or formula milk with baby rice	Breast milk or formula feed	Avocado and carrot purée, breast milk or formula feed	Breast milk or formula feed
Saturday	Breast milk or formula feed	Breast or formula milk with blended mixture of oatmeal cereal and baby rice	Breast milk or formula feed	Peach purée, breast milk or formula feed	Breast milk or formula feed
Sunday	Breast milk or formula feed	Breast or formula milk with blended oatmeal cereal	Breast milk or formula feed	Banana purée, breast milk or formula feed	Breast milk or formula feed