

Meal planner from around 7 until 9 months

	Early feed	Mid-Morning	Lunchtime	Mid-afternoon	Dinner	Bedtime
Monday	Breast milk or formula feed	Baby rice or cereal with banana purée	Breast milk and/or formula with eggplant purée	Breast milk or formula feed	Baby ratatouille	Breast milk or formula feed
Tuesday	Breast milk or formula feed	Baby rice or cereal with sweet potato and pear purée	Breast milk and/or formula with parsnip purée	Breast milk or formula feed	Carrot, cauliflower, spinach and cheese purée	Breast milk or formula feed
Wednesday	Breast milk or formula feed	Baby rice or cereal with creamed vegetables	Breast milk and/or formula with sweet potato purée	Breast milk or formula feed	Leftover turkey and potato purée	Breast milk or formula feed
Thursday	Breast milk or formula feed	Baby rice or cereal with cauliflower cheese	Breast milk and/or formula with pear purée	Breast milk or formula feed	Beef stew with carrots purée	Breast milk or formula feed
Friday	Breast milk or formula feed	Baby rice or cereal with sweet potato and avocado purée	Breast milk and/or formula with carrot and swede purée	Breast milk or formula feed	Chicken with sweetcorn and pear purée	Breast milk or formula feed
Saturday	Breast milk or formula feed	Baby rice or cereal with cheesy squash risotto	Breast milk and/or formula with mango purée	Breast milk or formula feed	Roast chicken and vegetable stew	Breast milk or formula feed
Sunday	Breast milk or formula feed	Baby rice or cereal with easy chicken and banana meal	Breast milk and/or formula with sweet potato and apple	Breast milk or formula feed	Root vegetable soup	Breast milk or formula feed