

Weaning meal plan 6-7 months

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Morning milk	Breakfast	Finger foods	Lunch	Afternoon milk	Dinner	Evening milk
Baby's usual milk	Apple sauce with gluten-free cereal	Baby's usual milk + sliced banana	Cod with root veg and rice	Baby's usual milk	Blueberry puree + pear puree mixed	Baby's usual milk
Baby's usual milk	Pear puree mixed with gluten-free cereal	Baby's usual milk + sliced papaya	Squash puree + apple sauce mixed	Baby's usual milk	Garden veg combo + potato puree mixed	Baby's usual milk
Baby's usual milk	Apricot puree mixed with gluten-free cereal	Baby's usual milk + thin buttered toast soldiers	Turkey puree + garden veg combo + potato puree mixed	Baby's usual milk	Banana and avocado rice pud	Baby's usual milk
Baby's usual milk	Mango puree mixed with gluten-free cereal	Baby's usual milk + melon or cucumber sliced	Lentil stew + beef puree mixed	Baby's usual milk	Banana and apple sauce	Baby's usual milk
Baby's usual milk	Apple sauce mixed with gluten-free cereal	Baby's usual milk + baby spinach leaves	Pork puree + rice soup mixed	Baby's usual milk	Broccoli puree + pear puree + potato puree mixed	Baby's usual milk
Baby's usual milk	Banana mash mixed with gluten-free cereal	Baby's usual milk + steamed broccoli florets	Steamed salmon, spinach and potatoes mixed	Baby's usual milk	Apple, pear and vanilla puree	Baby's usual milk
Baby's usual milk	Apricot puree mixed with gluten-free cereal	Baby's usual milk + steamed carrot sticks	Chicken puree + pea puree + squash puree mixed	Baby's usual milk	Parsnip, apple and pear rice pud	Baby's usual milk