



## MUMMY'S YUM MEAL PLANNER FOR BABIES (6 MONTHS+)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	<a href="#"><u>Pap fortified with soya beans powder</u></a>	<a href="#"><u>Banana Oats Porridge</u></a>	<a href="#"><u>Cornmeal Porridge</u></a>	<a href="#"><u>Baby rice cereal/porridge with fruit puree</u></a>	<a href="#"><u>Egg custard</u></a>	<a href="#"><u>Scrambled egg yolk with mashed avocado</u></a>	<a href="#"><u>Pap and yoghurt mix</u></a>
<b>Lunch</b>	<a href="#"><u>Baby Rice Pudding/Porridge</u></a>	<a href="#"><u>Mashed peeled beans porridge</u></a>	<a href="#"><u>Soft eba and Baby Okro Soup</u></a>	<a href="#"><u>Mashed Jollof Rice with mixed vegetables/Puree</u></a>	<a href="#"><u>Green mash with fish sauce</u></a>	<a href="#"><u>Soft eba and baby soup</u></a>	<a href="#"><u>Chicken Nuggets</u></a>
<b>Dinner</b>	<a href="#"><u>Sweet potato &amp; carrot mash</u></a>	<a href="#"><u>Fish &amp; Ugu Baby Pasta</u></a>	<a href="#"><u>Beans and sweetcorn puree</u></a>	<a href="#"><u>Fruity Chicken &amp; Vegetable</u></a>	<a href="#"><u>Flaked fish &amp; rice (mashed)</u></a>	<a href="#"><u>Sweet Potato Chicken Veggies</u></a>	<a href="#"><u>Avocado Baby rice with liver &amp; vegetables</u></a>

- This plan is just a personal guide to food choices for weaning a baby.
- Babies still need breast milk or infant formula as part of their daily meal.
- Offer finger foods in between in between meals e.g. as midday & late afternoon snacks. Check link for finger food choices.
- Please, always seek medical or professional advice before weaning your child or if you have concerns.