

8 MONTH OLD

baby-led weaning

MEAL IDEAS



BREAKFAST

- Cheesy kale frittata fingers
- Scrambled eggs
- Baked oatmeal (made in mini muffin tin)
- Whole wheat pancakes or waffles
- Whole milk Greek yogurt
- Avocado or nut butter on toast

LUNCH

- Black beans and rice
- English muffin pizzas (cut into sticks)
- Thick-flaked tuna (such as Wild Planet)
- Rotini or Cavatappi with homemade pesto or tomato sauce (no salt added in either)
- Hummus and whole wheat pita

*apple rings
berries bananas
clementine segments
steamed green beans
cucumber sticks
avocado tomatoes
roasted carrots*

DINNER

- Penne, homemade tomato sauce, turkey meatballs
- Pinto beans, tortillas, shredded cheese, tomato & avocado
- Mini turkey meatloaves, sweet potato fries, roasted broccoli
- Baked or roasted salmon, steamed peas, and long grain white rice
- Greek Salad: grilled chicken (shred or chop), tomatoes, feta cheese chunks (make sure it's pasteurized), cucumber sticks, and homemade dressing