

# SUPERMOM SECRETS

5 burning questions about  
feeding your baby every  
mother should know



GRACE C

Dear Mummy,

Congratulations on downloading this e-book, which may turn out to be the smartest decision you've ever made. You are about to receive sound, practical advice which I wish someone had given me when I was a new mother myself.

Perhaps you have heard the term:

### **Knowledge is power**

This book will do just that – it will empower you to regain your precious time in this chaotic new world of motherhood. Whether you are a new mother, wanting to learn more about how best to feed your baby, or whether your baby has already starting eating solid food, this book will provide practical, solid advice for you, which **ACTUALLY WORKS**.

Perhaps you're wondering, why am I doing this? Why am I giving away solid, useful information for FREE? Or even...**why don't I use this information for my business to manipulate my customers?**

My single and most fundamental reason: Do unto others as you would want others to do unto you.

I believe that you reap what you sow, and I am where I am today, because of people who have helped me in the past. Each time I received help, my benefactor only asked that I pay it forward someday.

When I started my company in 2018, I told myself, this is a way of paying it forward. I will make each product an honest, ethical product, which **truly helps mothers out there**. What happened was mothers started reaching out to me, full of questions about how to feed their babies the 'right' way.

In response to these questions, I came up with a product called the Starter Kit, designed to guide new mothers step-by-step from the very first day of their baby starting solid food. However, mothers continued to reach out to me every day, with questions beyond those addressed in the Starter Kits.

Over and over again, mothers kept asking and seeking for an easier and faster way to cook for their baby. We're already so short of time, and now we have to add on yet another task of cooking for baby???

Everyone offers a little bit of help and advice here and there, but what we mothers need, is someone who can give us **structured, practical advice or even better, a proven step-by-step process.**

Then I had an idea! Why not share my hard-earned knowledge, gained through painful experiences, in a complete and structured way, in an e-book?

Every time I see a mother out there who needs some help, asking for advice in a Facebook group, my heart genuinely goes out to them. I wish I could help more mothers, and this is my way of paying it forward. Among the multiple topics of motherhood, I have chosen to share about baby feeding, because this is my area of expertise.

Who am I? I am Grace, a mother of 2 and a Certified Health Coach, specialising in the area of family nutrition, especially for young children. I have worked both locally and abroad, transitioning from career woman to working mother, before starting my own business. I have been in the baby food industry since 2014.

My company has gained the trust of more than 100,000 parents and our products are not only available in retailers nationwide, but also overseas. There are more than 20,000 reviews with a 5-star rating across my online sales platforms and you might just have seen celebrities and prominent figures in society using our products.

But really, this book is not about me. Credentials aside, what makes the advice truly valuable and helpful for you, is the fact that I have tried them, tested them and improved on them over the years. There is no better credential than experience.

I'm a mother myself, and just like you, I share the same worries, concerns and questions.

**Whether you're a new mother or a mother who's already cooking for your baby, I can assure you, these tips are absolutely what you need, and the answers to your questions.**

Thank you for giving me this chance to pay it forward and realising my dream of – as cliched as it may sound – making the world a better place.

Sincerely,  
Grace.

## **#1: Myth busted - Cooking for baby takes a lot of time and effort. Absolutely not!**

Here are some of the concerns I've heard from mothers over the years.

“I work very late...how can I cook for my baby every day?”

“By the time I get home, I'm so tired. How do I find energy to cook for my baby?”

“Even if I can cook, the thought of washing up makes me tired already.”

“Why should I cook for my baby when the babysitter / daycare centre is already cooking for them? They cook fresh meals every day. That's good enough, right?”

“My mother-in-law cooks for my baby. She says what my husband ate when he was a baby is good enough for my baby.”

What if I told you that:

- You only need around 5 minutes every day to cook for your baby
- Washing up after the meals takes an additional 5 minutes only
- It's 100% better for you to cook your baby's meals and bring it to your babysitter / daycare centre
- Your mother-in-law's argument is no longer relevant in this modern day

I'll address each of your concerns in the next few chapters.



## **#2: Get the right tools**

Really, there are only 2 key tools you need for cooking your baby's food.

- Something to cook it with
- Something to blend it with


There's a reason that you see many types of baby food cookers or baby food processors in the market nowadays. The reason is simply because they work.

I've experimented with all sorts of cooking methods over the years, from cooking in a pot over the fire, to steaming baby's food over the fire, to using different types of cookers and baby food processors.

Ultimately, there are 2 things you need to consider:

- Budget
- What works best for you in terms of time and effort

After doing all the hard work and research, here's a simple summary for you in the table below.

Type	Cost	Active Cooking Time*	Effort	Good For
<b>Pot</b>	\$ Low You can use any pot at home	20-30 mins	High  You have to stand at the stove the whole time	
<b>Slow cooker / baby food cooker</b>	\$\$ Low - medium	5 mins	Medium  Just cook everything in the pot but will need a blender to blend the food	Mothers who don't like to rush in the morning. Can cook baby's food overnight
<b>Baby food processor</b>	\$\$\$ Medium - high	5 mins	Low  Usually steam and blend using the same appliance, which saves washing up	Mothers who like to use just 1 appliance for everything

*\*time you are physically in the kitchen, actively preparing and cooking your baby's food.*

There's really no right or wrong when it comes to choosing between the slow cooker / baby food cooker and the baby food processor.

Ultimately, it's a trade-off between effort and time, and what suits your needs best.

Now that we've covered the essential tools you need to enable you to cook in 5 minutes, let's go to the best part of this book.

## **#3: How to cook for your baby in 5 minutes using the Magic 3-Step Process**

Now, this chapter is where the CRUCIAL SECRET to cooking for your baby in 5 minutes is. It all boils down to this Magic 3-Step Process.

1. Use the right tools (we already covered this in the previous chapter)
2. Prep on weekends
3. Use my **Killer Meal Template**

Let's get right into it.

### **How to prep on weekends**

Meal preparation on weekends usually takes about 30-40 minutes.

**Meat:** After buying the fish or meat on weekends, slice them into the small pieces AND debone them. Then, pack them into containers taking care to make sure that each slice of fish or meat doesn't have contact with each other, before storing them in the freezer.

**Vegetables:** Wash and cut the vegetables into the right sizes before storing them in clean containers. For green, leafy vegetables, you don't have to cut them. Some vegetables do not react well to being cut beforehand, example, potatoes as they will turn black, so avoid using these vegetables on busy weekdays.

**Rice / Grains:** Frozen rice is a brilliant idea which reduces your cooking time!

How to make frozen rice:

- Wash the uncooked rice grains for about 1 week's portion of meals
- Divide the grains into each meal's portion and place each portion in an ice cube tray. A silicone tray is recommended as it will be easier for you to pop out each portion when you need to cook
- Fill up the ice cube tray with water

When you need to cook the rice grains for baby, just pop out a cube or if you're cooking for 2 meals at 1 go, pop out 2 cubes.

## **The Killer Meal Template**

And now for the one thing that makes this book so worth it, all the value is in here.

The biggest problem for all mothers is not just about the time and effort taken to prepare the food. It's also about what to cook for your baby every day! You might even spend extra time browsing for recipes and new ideas.

Believe me, this Killer Meal Template is all you need as a fundamental and you can even use this when cooking for your family.

IT ABSOLUTELY SOLVES THE HEADACHE OF THINKING WHAT TO COOK.

IT SAVES YOU FROM NEEDING ANY SHOPPING LISTS.

IT FREES UP YOUR MIND, EFFORT AND TIME.

NOW YOU CAN DO OTHER STUFF THAT YOU ACTUALLY LIKE TO DO.

## The Killer Meal Template

- **Meaty Monday:** Red meats - beef or pork
- **Chicky Tuesday:** Roast chicken, steamed chicken, bittergourd chicken
- **Veggie Wednesday:** Mixed veggies, beans, tofu
- **Noodle Thursday:** Braised noodles, noodle soup, pasta
- **Fishy Friday:** Baked fish, steamed fish, fish porridge
- **Simple Saturday:** All-in-one dishes, sandwich, tomato rice, fried rice
- **Soupy Sunday:** Lotus root soup, bone broth, ABC soup, watercress soup

## How does the Killer Meal Template work?

It describes the type of food that we will be having for each day of the week without the specifics. For example, Chicky Tuesday can be chicken porridge, steamed chicken, or stir-fried chicken with rice. Fishy Friday can be baked fish, steamed fish or fish puree.

## Why the Killer Meal Template works so well

Firstly, by giving each day of the week funky and memorable names like “Meaty Monday” or “Simple Saturday”, I don’t need a shopping list because I can easily remember what I need to cook and which ingredients to buy.

Secondly, by fixing the type of food for each day of the week, I have ensured a **healthy balance and variety of food**. Also, if I did chicken porridge last week, I can do steamed chicken this week! Even if I do chicken porridge 2 weeks in a row, that’s OK actually!



Let me repeat the Magic 3-Step Process again so you can remember it:

1. Use the right tools
2. Prep on weekends
3. Use my Killer Meal Template

So now that we've got the Magic 3-Step Process nailed down, let's put it into action to see how it works.

## **The Magic 3-Step Process in Action**

Imagine this...

It's a Monday morning and you wake up having a bit of Monday blues. However, you're thankful that now, you get to sleep in for an extra hour, thanks to the Magic 3-Step Process.

After brushing your teeth, you'll perform your meditation / reflection / prayer or Fajr prayers, if you're Muslim. Then you head to the kitchen where you use only 1 minute to cook your baby's meals for the day.

What you did was to turn on the baby cooker, pop in a cube of frozen rice and water. It's Meaty Monday today, so you pop in a slice of beef which had already been cut over the weekend and some carrot slices, which had also already been cut over the weekend.

You head to the bathroom to have a quick shower and dress up for work. After your shower, baby wakes up, so you feed your baby some milk and you even have time to read a baby book to her. After her morning milk, baby is full and contented to lie down on her own and play by herself while you get ready to leave the house.

The porridge is cooked, so you use a hand blender to blend the porridge in the cooker pot. Next, you store the porridge into a Thermos, for you to bring to your babysitter's house. You put the baby cooker in the sink; your husband will wash it tonight after work.

Finally, you carry your baby and grab your work bag and you are ready to leave the house!

It seems unbelievably simple and that's precisely the beauty of it.

## **Life is meant to be simple.**

The Magic 3-Step Process absolutely works like a dream.

BOOM, your life is now so systematic and structured. We've not only cleared up your time, but we've simplified your thought process so you don't have to go through the agony of what to cook and how to cook on a weekly or worse, daily basis.

Finally, you can spend your time doing the things you would rather be doing, like browsing for your next holiday destination!

## **#4: What Every Mother Should Know About Feeding Their Baby**

The Magic 3-Step Process is not the only valuable thing I'm sharing with you. I've put together a number of tips to reassure you that you're a great mother. Yes, I know how it feels. When things aren't going smooth with baby, there is this constant worry whether what we are doing is right.

Remember the questions you had at the beginning of this book? We've already addressed the questions about not having enough time to cook.

Let's get to the other questions.

**“Why should I cook for my baby when the babysitter / daycare centre is already cooking for them? They cook fresh meals every day. That's good enough, right?”**

It depends, but in most cases that I have seen, the answer is, it's better for you to cook for your baby and bring their meals to the babysitter or daycare centre.

More often than not, the food provided includes everyday white rice, which has a greatly reduced nutritional value and neither are the vegetables organic. If it only takes 5 minutes a day to cook for your baby, why not do it?

**Most babysitters or daycare centres will even provide you with a discount if you bring your own food and that means, you're saving even more money.**

There's no need to prepare different food for lunch and dinner, simply cook once in the morning, enough for 2 meals and put in a Thermos. The babysitter or caregiver needs to scoop out half the porridge for lunch and the other half will be kept for dinner. A good quality Thermos can keep the porridge warm all the way till dinnertime.

**“My mother-in-law cooks for my baby. She says what my husband ate when he was a baby is good enough for my baby.”**

Sadly, this is no longer true nor relevant in today's world. 20 years ago, we had lesser cars, lesser buildings, lesser factories and lesser pollution. In today's modern world, it's even more important to choose organic or natural foods.

Many sceptics don't believe in organic, thinking it all to be a huge scam, designed to make us part with our hard-earned money. Having been in the baby food industry for close to a decade, I can attest that organic and natural is truly a better choice. Countless studies have shown that the chemical residues from organic vegetables are greatly reduced, or non-existent.

What is the difference between organic and natural? The term 'natural' which is commonly seen on products nowadays, is a bit more loosely defined. Many companies use it as a marketing language to demonstrate that their products are from natural sources, but because this term is not regulated, it can be subject to abuse.

In my company, we use the term 'natural' only when the ingredient is derived from 100% natural sources or is in its natural form, such as vegetables, without any additives, preservatives, colouring. We also use it on products which are as good as organic, but are not allowed to be labelled 'organic' because they don't possess the certificates from organic certification bodies.

One such example is the heirloom grains used in our PREMIUM range products. These grains are planted in a remote mountainous region, far away from any pollution by the indigenous people of Borneo. They are also planted without any pesticides making them truly chemical-free. In some cases, they could be more superior than organic products because organic produce allows for the use of organic pesticides.

Generally, organic and/or natural fresh foods are the best choices for your baby, because these foods are as close as possible to what nature intended for us. The fundamental advice that I would give every parent is to strive for organic for your baby.

While it might seem more expensive to go for organic foods, it is important to remember that **your baby will be avoiding exposure to harmful substances and chemicals found in non-organic foods, that could cause hindered brain development and antibiotic-resistant bacteria.** In other words, your baby could potentially be a whole lot healthier in terms of both physical health and mental development.



## **#5 : Bonus Content - How to Save Even More Time and Effort When Feeding Your Baby Oats and Fruits**

One of the 2 most common foods, which I recommend serving regularly to your baby are:

- Oats for breakfast – oats are rich in iron with high nutritional value for babies. You can serve it plain or mix with some milk or soft fruits like bananas or papaya that can be easily mashed
- Fruits for snacks – apples, pears and guava make great snacks

There are times when using a special baby tool to cook helps you to save time and effort and there are times it doesn't.

This chapter will show you how to serve oats and fruits to your baby very quickly and easily, with minimal washing up and without any special tools.

## How to serve oats to your baby

**Step 1:** Put desired amount into small bowl



**Step 2:** Cover the oats with cold or warm water



**Not hot water.**

Why? Because hot water will make the oats lumpy even before they're cooked. We want a smooth texture for our oats. I actually use a little estimation here so I'd say the water should be about an inch above the level of your oats.

**Step 3:** Fill a pot with approximately 1 inch of water and place your bowl of oats in it, then boil the whole thing for a bit. Make sure the water in the POT **does not exceed more than half the height of your bowl of oats**



Basically, you're sort of double boiling the oats. This amazing method saves washing up. You see, when you cook adult oats, due to the large quantity, it makes sense to boil the oats in a pot on the stove. However, when you're cooking a small bowl for your baby, it would be quite challenging to cook such a small quantity of oats in a pot without burning it. The easiest of course, would be to be able to cook the oats in the same bowl and then wash it up! Hence, the double boiling method!

From time to time, you have to give the oats a little stir in order to achieve that perfect creamy consistency. If you notice that it is getting a little too thick, add some water into the bowl of oats.

This double boiling method works best instead of steaming the oats using a steamer or steamer rack, because when the bowl isn't in direct contact with the water in the pot, it takes too long to cook.

The difference between rolled oats and instant oats is the level of processing. Instant oats are oats that have been pressed even thinner than quick oats and instant oats often break into a coarse powder. Nutritionally, there is no difference.

## How to serve fruits like guava, apples and pears to your baby

**Step 1:** For guava, best to choose an overripe guava so that it's softer

**Step 2:** Cut a small slice



**Step 3:** Take a teaspoon and scrape the flesh of the guava. By scraping, you are “mashing” the guava and getting juice + fruit.



**Step 4:** Serve scraped guava to baby



This concept can be applied to other fruits like apples, pears and papayas.

Once again, there is hardly any washing up required after feeding baby! Use these handy tips and tricks and your life is guaranteed to be a whole lot easier.

## **Conclusion**

If you've read all the way here, congratulations. I'm proud of you for being a dedicated mother who is passionate about improving the quality of your life. After baby comes along, so much of our lives revolve around our babies, that we often neglect aspects of our own life, which can be easily improved, given the right guidance and information.

Whether you're a new mother or a mother of 2 or more kids, I trust you will find that this book has been a great use of your time. I urge you to put into practice what you have learnt because life is short, and we shouldn't waste a single minute of our motherhood on a life that is lacking in quality.

Being constantly tired is not something to be proud of nor should we wear it as a badge of honour, feeling that we are sacrificing for our family. A tired mother will not be a happy mother, and when Mummy isn't happy, the family won't be happy.

The principles and concepts that you've learnt in this book can even be applied to other aspects of your life and you will see a very fulfilling transformation taking place in your family. I would like you to make a promise to yourself that you will put in the efforts to enhance your own life. You deserve this, Mummy.

Love,  
**Grace.**

P.S.: I would love to hear your success stories on how this book has changed your life. Hearing from you makes it all worth it, knowing that yet another mother out there has had a life-changing experience.

Do drop me an email at:  
[hello@littlebabygrains.com](mailto:hello@littlebabygrains.com)

Just click on the email address above, it's clickable, and I will send you back a free gift or more tips and guidance.