



BLW
WITH EASE

Baby Finger Food
Meal Plan
(6 to 8 months)



Baby Finger Food Meal Plan (6 to 8 Months – Week 1)

- Broccoli Florets
- Bell Pepper Strips
- Celery Sticks
- Chicken Drumstick
- Mango Spears
- Lamb Chop
- Pumpkin Wedges



Baby Finger Food Meal Plan (6 to 8 Months – Week 2)

- Dragonfruit Fingers
- Omelette
- Sourdough Toast
- Cod Fillet
- Chinese Yam Fingers
- Prawn
- Corn Cob



Baby Finger Food Meal Plan (6 to 8 Months – Week 3)

- Avocado Banana Pancakes
- Cheesy Zucchini Muffins
- Chicken Broccoli Fritters
- Papaya Fingers
- Chicken Curry Drumstick
- Orange Slices
- Radish



Baby Finger Food Meal Plan (6 to 8 Months – Week 4)

- Tomato Sauce Pasta
- Grapefruit
- Broccoli Egg Muffins
- Cheesy Carrot Waffles
- Fish Tofu Nuggets
- Corn Fritters
- Tempeh