



BLW
WITH EASE

Baby Mixed
Feeding Meal Plan
(9 to 12 months)



Baby Mixed Feeding Meal Plan (9 to 12 Months – Week 1)

- Egg Omelette + Avocado Egg Yolk Puree
- Banana Quinoa Muffin + Strawberry Jam
- Mixed Vegetable Tots + Pumpkin Cheese Sauce
- Chicken Zucchini Fritters + Greek Yogurt
- Lamb Chop + Mushroom Sauce
- Creamy Vegetables Pasta + Liver Pate
- Lentil Pancakes + Banana Puree



Baby Mixed Feeding Meal Plan (9 to 12 Months – Week 2)

- Cheesy Chicken Cups + Pesto Sauce
- Banana Spinach Pancakes + Blueberry Puree
- Cod Potato Sticks + Hummus
- Sweet Corn Fritters + Sour Cream & Chives
- Baby Chillas + Creamy Corn Puree
- Toast + Homemade Berry Jam
- Egg Frittata + Cod Potato Puree



Baby Mixed Feeding Meal Plan (9 to 12 Months – Week 3)

- Cheesy Zucchini Muffins + Cauliflower Puree
- Avocado Banana Pancakes + Orange Banana Puree
- Chicken Broccoli Fritters + Sour Cream
- Chicken Curry with Mash Potatoes
- Creamy Pumpkin Soup + Toast
- Broccoli Pea Puree + Pasta
- Butternut Squash Rice Patty + Radish Chia Seed Puree



Baby Mixed Feeding Meal Plan (9 to 12 Months – Week 4)

- Blueberry Spinach Pancakes + Banana Grapefruit Puree
- Fish Tofu Nuggets + Greek Yoghurt
- ABC Chicken Soup + Noodles
- Tempeh + Beef Puree
- Cheesy Potato Muffins + Spinach Puree
- Sweet Potato Tots + Threadfin Puree
- Salmon Potato Cakes + Avocado Egg Yolk Puree