



BLW
WITH EASE

Baby Puree
Meal Plan
(12+ months)



Baby Puree Meal Plan (12+ Months – Week 1)

- Banana Quinoa Muffin + Strawberry Jam
- Creamy Vegetables Pasta + Liver Pate
- Cheesy Carrot Waffles + Greek Yogurt
- Lamb Meatballs + Mushroom Sauce
- Lentil Pancakes + Blueberry Banana Puree
- Mixed Vegetable Tots + Pumpkin Cheese Sauce
- Creamy Fish Soup + Bee Hoon



Baby Puree Meal Plan (12+ Months – Week 2)

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



Baby Puree Meal Plan (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 Pasta + Salmon Puree
- Butternut Squash Rice Patty + Radish Chia Seed Puree



Baby Puree Meal Plan (12+ Months – Week 4)

- Spinach Pancakes + Banana Grapefruit Puree
- Fish Tofu Nuggets + Greek Yoghurt
- ABC Chicken Macaroni Soup + Potato Puree
- Corn Polenta Muffin + Cod Puree
- Cheesy Broccoli Rice + Chicken Puree
- Sweet Potato Tots + Banana Spinach Puree
- Greek Yoghurt Blueberry Pancakes + Beef Puree