



**BLW**  
**WITH EASE**

Baby Puree  
Meal Plan  
(6 to 8 months)



## Baby Puree Meal Plan (6 to 8 Months – Week 1)

- Potato Broccoli Puree
- Apple Celery Puree
- Chicken Puree
- Banana Mango Puree
- Lamb Puree
- Pumpkin Carrot Puree
- Tomato Pumpkin Puree



## Baby Puree Meal Plan (6 to 8 Months – Week 2)

- Dragonfruit Puree
- Corn Puree
- Oatmeal Porridge
- Cod Potato Puree
- Carrot Beetroot Puree
- 3 Sweet Potato Puree
- Strawberry Puree



## Baby Puree Meal Plan (6 to 8 Months – Week 3)

- Apple Zucchini Puree
- Cauliflower Puree
- Salmon Sweet Potato
- Papaya Puree
- Curry Chicken Puree
- Orange Banana Puree
- Radish Chia Seed Puree



## Baby Puree Meal Plan (6 to 8 Months – Week 4)

- Tomato Zucchini Puree
- Banana Blueberry Grapefruit Puree
- Avo Egg Yolk Puree
- Butternut Squash Puree
- Liver Pate
- Banana Spinach Puree
- Beef Puree