



BLW
WITH EASE

Baby Puree
Meal Plan
(9 to 12 months)



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

- Avocado Egg Yolk Puree
- Mixed Berries Puree
- Pumpkin Cheese Puree
- Lamb Puree
- Mushroom Puree
- Creamy Vegetables Puree
- Lentils Banana Puree



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

- Pesto Puree
- Banana Blueberry Puree
- Hummus
- Carrot Sweet Corn Puree
- 3 Sweet Potato Puree
- Carrot Beetroot Puree
- Cod Potato Puree



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

- Apple Zucchini Puree
- Spiced Cauliflower Puree
- Salmon Sweet Potato Puree
- Papaya Puree
- Curry Chicken Puree
- Broccoli Pea Puree
- Radish Chia Seed Puree



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

- Tomato Zucchini Puree
- Blueberry Kiwi Puree
- Beef Puree
- Banana Spinach Puree
- Threadfin Puree
- Avocado Egg Yolk Puree
- Liver Pate