

WEEK 1 MEAL PLAN

FOR YOUR BABY LED WEANING FAMILY

	Breakfast		Lunch		Dinner	
M	Adult Spinach & Egg Frittata	Baby Spinach & Egg Frittata	Adult Salad w/ Chicken & Avocado	Baby Avocado & Chicken Slices	Adult Sausage & Broccoli Rigatoni	Baby Sausage & Broccoli Rigatoni
T	Spinach & Egg Frittata	Spinach & Egg Frittata	Salad w/ Chicken & Avocado	Avocado & Chicken Slices	Sausage & Broccoli Rigatoni	Sausage & Broccoli Rigatoni
W	Spinach & Egg Frittata	Spinach & Egg Frittata	Salad w/ Chicken & Avocado	Avocado & Chicken Slices	Beef & Veggie Stirfry w/ Brown Rice	Beef & Veggie Stirfry (no sauce)
T	Wild Blueberry Oatmeal	Wild Blueberry Oatmeal	Turkey Cucumber Wrap w/ Hummus	Cucumber & Hummus	Beef & Veggie Stirfry w/ Brown Rice	Beef & Veggie Stirfry (no sauce)
F	Wild Blueberry Oatmeal	Wild Blueberry Oatmeal	Turkey Cucumber Wrap w/ Hummus	Cucumber & Hummus	Homemade Pepperoni Pizza	Homemade Cheese Pizza
S	Pancakes & Fresh Berries	Pancakes & Fresh Berries	Beet & Goat Cheese Salad w/ Raspberry Dressing	Beets, Blueberries & Chicken	Slowcooker Beef Stew	Slowcooker Beef Stew
S	Pancakes & Fresh Berries	Pancakes & Fresh Berries	Beet & Goat Cheese Salad w/ Raspberry Dressing	Beets, Blueberries & Chicken	Slowcooker Beef Stew	Slowcooker Beef Stew