

Meg Faure
parent with sense

Nutripaeds
by kath megaw & associates

Weaning for Good Health



parent
with SENSE

BROUGHT TO YOU BY MEG FAURE



www.megfaure.com



Weaning for Good Health

	Meal One	Meal Two	Meal Three
Day 1-3	Choose one (15ml) Butternut, gem squash, sweet potato, carrot		
Day 4-7	Choose two (15ml) Apple, pear, paw paw, berries, mashed banana	Choose one (15ml) Butternut, gem squash, sweet potato, carrot Add a 5ml fat to above veggie: Avocado, olive paste, nut butters	
Week 2	Choose two (15ml) Apple, pear, paw paw, berries, mashed banana, mango	Choose two (15ml) Butternut, gem squash, sweet potato, carrot, broccoli, beetroot, spinach, mushy peas, parsnips, Add a 5ml fat to above veggie: Avocado, olive paste, nut butters	Choose one (15ml) Butternut, gem squash, sweet potato, carrot Add a 5ml fat to above veggie: Avocado, olive paste, nut butters
Week 3	Choose two (15ml) Apple, pear, paw paw, berries, mashed banana, mango Add 5ml full cream yoghurt	Choose two (15ml) Butternut, gem squash, sweet potato, carrot, broccoli, beetroot, spinach, mushy peas, parsnips, *Choose 1 protein food to introduce: 1. Egg, scrambled and mashed and mix into veggies 2. Chicken, lamb, beef, ostrich Steamed, roasted, baked, liquidized and added to the veggies	Choose two (15ml) Butternut, gem squash, sweet potato, carrot, broccoli, beetroot, spinach, mushy peas, parsnips, Add a 5ml fat to above veggie: Avocado, olive paste, nut butters
Week 4	Choose two (15ml) Apple, pear, paw paw, berries, mashed banana, mango Add 10ml full cream yoghurt	Choose two (15ml) Butternut, gem squash, sweet potato, carrot, broccoli, beetroot, spinach, mushy peas, parsnips, *Choose 1 protein food 10ml to continue introducing: 1. Egg, scrambled and mashed and mix into veggies 2. Chicken, lamb, beef, ostrich, fish Steamed, roasted, baked, liquidized and added to the veggies	Choose two (15ml) Butternut, gem squash, sweet potato, carrot, broccoli, beetroot, spinach, mushy peas, parsnips, *Choose 1 protein food from already tried and tested protein foods. 10ml