

# On the menu today

Sample daily meal plan for babies: **6-9 months** (smooth and lumpy food)

Let's get started with some sample daily menus to give you an idea of the types of food you can prepare! These plans serve as a guide only, so do feed me according to my appetite as I can decide whether I want to eat and how much to eat.



## Early morning

150ml breast/formula milk



## Breakfast

3-4 tablespoons\* of cereal mixed with 60ml breast/formula milk and 1/4 medium banana (pureed)



Bath time

Mid morning 180ml breast/formula milk

## Afternoon

180ml breast/formula milk



Play time

## Lunch

1/2 bowl\*\* of porridge with minced chicken (23g) and mashed pumpkin (25g)



Nap time



Nap time



## Dinner

- 1/2 bowl\*\* of porridge mixed with a small block of mashed tofu (43g) and mashed broccoli (25g)
- 1/4 small pear that's been scraped



Reading time



Supper 180ml breast/formula milk



Total servings

Rice and wholemeal bread	Fruit	Vegetables	Meat and others	Milk
1-2	1/2	1/2	1/2	500-750ml

\*1 tablespoon = 15g  
\*\*Rice bowl

