

## Meal Plan 6 Months (First Foods)

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle
<b>LUNCH</b>	Breast/ Bottle Carrot	Breast/ Bottle Apple	Breast/ Bottle Carrot	Breast/ Bottle Sweet potato	Breast/ Bottle Pear & baby rice	Breast/ Bottle Sweet potato	Breast/ Bottle Apple
<b>DINNER</b>	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle	Breast / Bottle

\*Please note that I am not and never have been a qualified nutritionist. These meal plans are just what has worked for my daughter.