

MORNING



6
AM

8
OZ

FORMULA OR BREASTMILK



9
AM

1/2
CUP

OATMEAL OR
SCRAMBLED
EGGS MIXED
WITH A FRUIT
OR PEANUT
BUTTER



10
AM

8
OZ

FORMULA OR BREASTMILK

AFTERNOON



2
PM

1/2
CUP

YELLOW OR
ORANGE
VEGGIE, OR
MAC AND
CHEESE

+

1/4
CUP

YOGURT OR
COTTAGE
CHEESE WITH
FRUIT OR
DICED FRUIT



2
PM

2
OZ

FORMULA OR BREASTMILK
IN A SIPPY CUP

NIGHT



5
PM

1/2
CUP

WHOLE GRAIN
PASTA, RICE,
OR SWEET
POTATO

+

1/4
CUP

GREEN
VEGGIES
AND/OR DICED
POULTRY/MEAT



6
PM

8
OZ

FORMULA OR BREASTMILK




@WILDERNEST.HOMESTEAD

GUIDE TO FEEDING OUR TRIPLETS

BASED ON THE AAP'S RECOMMENDED SAMPLE MENU FOR
BABIES 8-12 MONTHS OLD

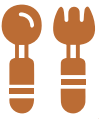
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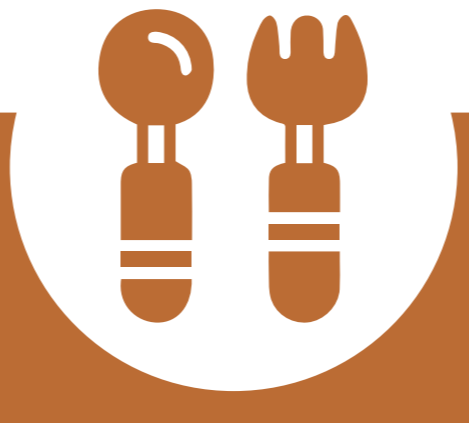
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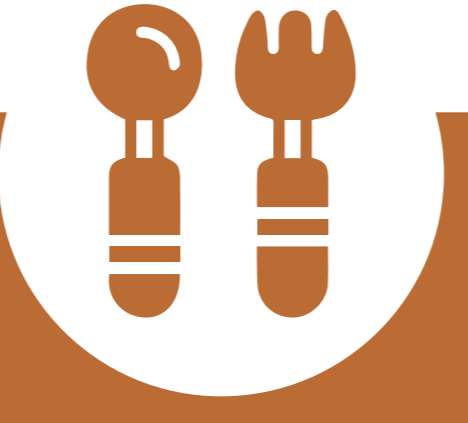


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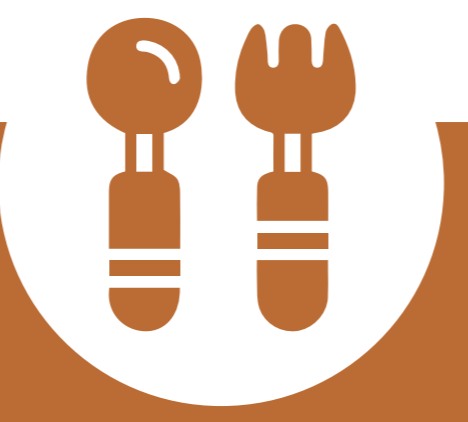


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IN A SIPPY CUP

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