

Baby-Led Weaning Cookbook Meal Plan No.2- Family of 4/Contains Meat

	Breakfast	Lunch	Dinner	Snack	Shopping List
Monday	Bagels topped with cream cheese and banana slices	BLW: Ham, cheese and red pepper egg cups	BLW: Slow cooked beef ragu with spaghetti (DB)	Plain yoghurt with quartered red or green grapes (stirred in)	4 baking potatoes
Tuesday	Toast, cereal or porridge (depending on your pantry stock)	Pasta stirred into cream cheese with a pinch of mixed herbs	Jacket potato with topped with steamed broccoli stirred into cream cheese	2 plain breadsticks and 1 stick of cheese	4 sweet potatoes
Wednesday	FT: Banana muffins & plain yoghurt	BLW: Ham, cheese and red pepper egg cups	BLW: Slow cooked beef ragu with rice	1 plain rice cake topped with cream cheese and quartered grapes	1 broccoli
Thursday	Bagels topped with cream cheese and grated pear	FT: Pizza Pinwheels served with a apple wedges (microwave until soft with 2 tbsp of water)	BLW: Super simple tomato pasta served with pasta shapes (DB)	Plain yoghurt with quartered red or green grapes (stirred in)	6 onions
Friday	FT: Banana muffins & quartered red or green grapes	Peanut butter sandwich served with a banana	SC: Chicken and apricot stew served with roasted sweet potato chunks (DB)	Ripe pear wedges and 2 cucumber sticks	4 carrots
Saturday	FT: Banana muffins & plain yoghurt	FT: Pizza Pinwheels served with a apple wedges (microwave until soft with 2 tbsp of water)	BLW: Leftover super simple tomato pasta - add tinned tuna and serve stirred into couscous or rice	1 plain rice cake topped with peanut butter	2 parsnips
Sunday	Toast, cereal or porridge (depending on your pantry stock)	Cream cheese and cucumber sandwich served with plain yoghurt	SC: Chicken and apricot stew served with roasted sweet potato chunks	Ripe pear wedges and 1 cheese stick	4 celery sticks
*DB - Double batch					1 red pepper
					4 garlic cloves
					Pizza toppings i.e. pineapple, pepper, onion, chicken... (for pizza pinwheels)
					1 cucumber
					7 bananas
					6 pears
					Red or green grapes
					500ml plain yoghurt
					Cheddar cheese
					Cream cheese
					Full fat milk
					Red rolled puff pastry sheet
					8 eggs
					6 slices of cooked ham (or chicken for egg cups)
					1kg chicken breasts
					2 x 750g minced beef
					6 bagels
					4 x 400g tins of chopped tomatoes
					2 x 600ml jars passata
					24 dried apricots (250g bag should be enough)
					Pantry items (you may already have):
					Wholemeal spelt flour
					Plain flour
					Baking powder
					Baking soda
					Cinnamon
					Nutmeg
					Mixed herbs
					Dried thyme
					Ground cumin
					Ground coriander
					Paprika
					Coconut oil
					Maple syrup
					Peanut butter
					Balsamic vinegar
					Tomato puree
					2 jars tinned tuna in spring water
					Reduced salt beef stock cubes
					Reduced salt chicken stock cubes
					Spaghetti
					Rice
					800g dried pasta
					Couscous (optional for Saturday, replace with rice if desired)
					Breadsticks
					Plain rice cakes
					Milk chocolate chips (optional, for the banana muffins)