

The Organized Mama's Baby Food Menu Planner

Here is a sample of fruits, veggies and whole grains you can feed your baby based on their age and the recommendation of your pediatrician. This chart is to help you organize your baby food making and should not replace a doctor's advice. Here are my 5 steps to making the most of your baby food making time:

1. Choose one No Cook item, two Steam items and one Bake item from below.
2. Place Bake item in the oven or toaster oven, place Steam item #1 in steamer, place No Cook item in blender and puree.
3. Place No Cook item in ice cube trays or freezer storage container. Carefully remove Steam item #1 from steamer to blender. Place Steam item #2 in steamer. Puree and store Steam item #1.
4. Carefully remove Steam item #2 from steamer to blender. Puree and store Steam item #2.
5. Carefully remove Bake item from oven or toaster oven. Puree and store Bake item.

The Flavors

The Flavors are the flavorful fruits and veggies that make your baby's food taste good (and make them want to eat it).

- Apples – S
- Bananas – NC
- Blueberries – NC
- Cabbage – S
- Carrots – S
- Cherries – S
- Leeks – S
- Pears – S
- Sweet Potatoes – S
- Squash – S
- Peaches – NC
- Plums – NC

The Flats

The Flats are the fruits and veggies that are pretty bland alone and will be enjoyed much more when blended with the Flavors and/or the Fillers.

- Artichoke Hearts – S
- Asparagus – S
- Avocado – NC
- Broccoli – S
- Cauliflower – S
- Green Beans – S
- Kale – S
- Peas – S
- Potato – B
- Spinach – S
- Zucchini – S

The Fillers

The Fillers are healthy whole grains & veggies that add bulk to your baby's meal.

- Acorn Squash – B
- Avocado – NC
- Brown Rice
- Butternut Squash – B
- Millet
- Oatmeal
- Potatoes – B
- Quinoa

S – Steam
B – Bake
NC – No Cook