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# 21 DAYS OF MENUS

The menus in this book were designed to satisfy babies' nutritional and energy needs and to familiarize them with a wide range of foods to develop their tastes.

There are three weeks of menus suitable for different ages: 7 to 8 months, 9 to 11 months and 12 to 18 months. There is no menu before 7 months, because during the first weeks of food diversification, habits and schedules are not sufficiently well established. Even afterwards, the schedule and menus don't change overnight between the 8th and 9th month, for example. They have to be flexible and suited to your baby.

Snacks are suggested in the menu. Integrate them gradually and offer a snack only if your baby is hungry. There is no regular snack planned for the evening, but if your child needs one, offer one. Suggestions for snacks appear at the beginning of each menu section.

Breastfeed when your baby wants to. Breastfeeding times in menus are just suggestions. The term "breast milk" is used to simplify menus. If your baby is not breast fed, give him or her infant formula (or cow's milk beginning at age 9 months, only if your baby has a good appetite for a wide variety of foods). An illustration of a baby bottle is used to indicate feedings (breast milk or infant formula).

There are no suggestions for portions or quantities, because babies are the ones who decide. Their needs are unique. Let them eat until they are full. But you can start off with the portions suggested in the section *Vary Their Diet: Foods To Serve and Avoid*, p. 46, and adjust as you go along.

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# 7 TO 8 MONTHS

## DAY 1



**Waking**  
Breast milk

## BREAKFAST .....



Enriched baby cereal  
Apple (Apple Purée, p. 130)  
Breast milk

## LUNCH .....



Tofu (Tofu Purée p. 138)  
Broccoli (Broccoli Purée, p. 110)  
Breast milk



**Snack**  
Unsweetened oat loops cereal

## DINNER .....



Enriched baby cereal  
Zucchini (Zucchini Purée, p. 115)  
Cantaloupe  
Breast milk



**Snack**  
Breast milk





# PASTA

## Frittata

4 servings • PREPARATION: 10 minutes • COOKING TIME: 20 minutes

### METHOD

In a large bowl, whisk together eggs and milk. Add remaining ingredients except oil then combine with a spoon.

In a large ovenproof skillet, heat oil over low heat. Add egg mixture and cook for 12 minutes or until top is no longer runny.

Place rack in upper third of oven and pre-heat grill.

If handle of skillet is plastic, wrap it in aluminum foil. Grill in oven for 4 minutes or until top of frittata is golden.

*Serve with vegetables.*



### VARIATION

Use any pasta leftovers: with meat, tomato or rosée sauce or with pesto, seafood, lemon, etc.

### INGREDIENTS

- 3 eggs
- ¼ cup (60 ml) milk
- 2 cups (500 ml) leftover pasta in sauce
- 1 cup (250 ml) grated mozzarella cheese
- ¼ cup (60 ml) grated Parmesan cheese
- ¼ cup (60 ml) fresh parsley, chopped
- 1 tbsp olive oil