

8 Month Old Baby Food Schedule

Breakfast

Scrambled egg with mashed avocado
Oatmeal with fruit/pumpkin mixed in

Lunch

Chicken and mashed sweet potato
Turkey and mashed raspberries

Snacks

Diced tomato & cheese
Yogurt with peaches or banana
Cottage cheese with strawberries

Dinner

Tofu with steamed broccoli
Pasta with diced spinach