

9 Month Old

Meal Plan

Breakfast

Breastmilk/formula

Lunch- Fruit Salad

Strawberries

Kiwi

Blueberries

Dinner-Avocado Mac and Cheese

Whole grain pasta

Mix in avocado & cheese

Serve a side of broccoli

Snack 1 & 2

Breastmilk/formula