



STAGE 1 BEGINNER




Serve in this order	Breakfast	Lunch	Dinner	Snacks
1	Breast milk or formula (180-240 mL)	Breast milk or formula (180-240 mL)	Breast milk or formula (180-240 mL)	Breast milk or formula (180-240 mL)
2	Beginner Cereal (1-2 tbsp)	Beginner Vegetable (1-2 tbsp)	Beginner Cereal (1-2 tbsp)	
3		Breast milk or formula (180-240 mL)	Beginner Fruit (1-2 tbsp)	

STAGE 2 FROM 6 MONTHS



Serve in this order	Breakfast	Lunch	Dinner	Snacks
1	Cereal (3-5 tbsp)	Stage 2 Meat (3-5 tbsp)	Stage 2 Vegetable/Meat combination (3-5 tbsp)	Breast milk or formula (180-240 mL)
2	Stage 2 Juice (30-90 mL)	Vegetable (4-6 tbsp)	Stage 2 Meat (3-5 tbsp)	Cereal (3-5 tbsp)
3	Breast milk or formula (180-240 mL)	Fruit (2-4 tbsp)	Fruit (2-4 tbsp)	Fruit or Stage 2 Dessert (4-6 tbsp)
4		Breast milk or formula (180-240 mL)	Breast milk or formula (180-240 mL)	

STAGE 3 FROM 8 MONTHS



Serve in this order	Breakfast	Lunch	Dinner	Snacks
1	Cereal (5 tbsp)	Stage 3 Meat combination (5 tbsp)	Stage 3 Vegetable & Meat combination (6 tbsp)	Cereal (5 tbsp)
2	Stage 2 Juice (90 mL)	Vegetable (6-8 tbsp)	1/2 slice whole wheat bread	Stage 2 Juice (90 mL)
3	Breast milk or formula (150 mL)	Fruit (3-4 tbsp)	Vegetable (1/4 cup)	Fruit (3 tbsp)
4	1/2 slice whole wheat toast	Breast milk or formula (150 mL)	Fruit (3 tbsp)	Breast milk or formula (150 mL)
5			Breast milk or formula (150 mL)	

STAGE 4 FROM 12 MONTHS




Serve in this order	Breakfast	Lunch	Dinner	Snacks
1	Nutrios cereal (1/2 cup)	Stage 4 meal eg. Country Casserole w/Chicken	Ground beef, pan fried, well done (30 mL)	Stage 2 Juice (90 mL)
2	Stage 2 Juice (90 mL)	1/2 slice whole wheat toast	Cooked macaroni (1/4 cup)	Little Kids Cereal Bar
3	1/2 slice whole wheat toast	Whole milk (150 mL)	Winter squash, boiled and mashed (1/4 cup)	Fruit cup (1/4 cup)
4	Whole milk (150 mL)	Little Kids Oatmeal and Yogurt Bar	1/2 banana	Little Kids Biscuit
5			Whole milk (150 mL)	Whole milk (150 mL)