



part 2

nourishing meal ideas for the whole family & babies over 6 to 9 months

Once you have determined that baby is tolerating single foods well and responds positively to the more flavorful simple soups from Part 1, it's time to introduce a greater variety of textures and flavors. And mealtime gets even simpler for you!

The meals in this section are some of our family's favorite staples that are both delicious and super nutrient-dense so the whole family can sit down and eat together. These selections are meant to be your inspiration! If you have certain tastes or meals that you enjoy in your family culture, definitely introduce those to baby.

In Part 2, we are still keeping in mind that babies do not tolerate grains, nuts, legumes or egg whites until well after the age of 1, so these recipes are safe for babies who still need to avoid those items. You can easily add a grain to your plate if you wish, as your baby grows into toddlerhood and is ready for these items! Our focus in this part is nourishing and nutrient-dense foods, as well as keeping with our goal of creating a broad, adventurous palate in baby.