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EXPLORER TUMMY MEAL PLAN

From 7 months

♥ Baby & Toddler Food ♥

Sweet Potato, Butternut, Carrot & Apple flavours are all available in the TINY TUMMY range. Add green veggies in the first week of this meal plan, and a protein in the second week (all from the EXPLORER TUMMY range)

Introduce new flavours separately before mixing the food together. It can take up to 14 times of tasting before your baby accepts a new flavour or texture, so don't give up!

DO NOT FEED YOUR BABY DIRECTLY FROM THE TUBS, TUBS CAN BE DIVIDED WHILE FROZEN. Take a look at our website for instructions on defrosting.

MONTH PACK - 1 MONTH SUPPLY:

1	14 Tubs Sweet Potato
1	14 Tubs Butternut
1	10 Tubs Carrot
1	8 Tubs Apple
1	4 Merry Berry
2	8 Tubs Rooibos Apple & Pear
2	6 Tubs Beef / Basil Beef
2	6 Tubs Chicken / Rosemary Chicken
2	6 Tubs Spinach & Green Beans
2	6 Tubs Broccoli
2	2 Tubs Beetroot & Sweet Potato
2	2 Tubs Minty Mashed Peas



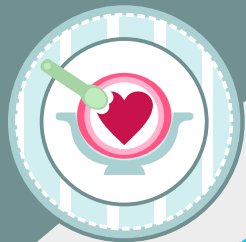
TIP

OPTIONAL: Butternut Pasta Sauce

Replace Sweet Potato with Beetroot & Sweet Potato / Minty Mashed Peas flavours in meal plan.

	BREAKFAST	MEAL 1	MEAL 2	
DAY 1	Cooked Porridge (eg. Oats) & Fruit	½ Tub Sweet Potato & ½ Tub Broccoli	½ Tub Sweet Potato & ½ Tub Butternut	WEEK 1 (3 day example, continue for 7 days)
DAY 2	Homemade Baby Cereal & Rooibos Apple (Recipe on our website)	½ Tub Butternut & ½ Tub Broccoli	½ Tub Sweet Potato & ½ Tub Carrot	
DAY 3	Cooked Porridge (eg. Maltabella) & Fruit	½ Tub Carrot & ½ Tub Spinach & Green Beans	½ Tub Sweet Potato & ½ Tub Butternut	
DAY 1	Homemade Baby Cereal (Recipe on our website)	½ Tub Sweet Potato & ½ Tub Spinach & Green Beans & 1/3 Tub Beef	½ Tub Sweet Potato & ½ Tub Butternut & 1/3 Tub Beef	WEEK 2 (3 day example, continue for 7 days)
DAY 2	Cooked Porridge (eg. Oats) & Fruit	½ Tub Butternut & ½ Tub Broccoli & 1/3 Tub Chicken	½ Tub Sweet Potato & ½ Tub Butternut & 1/3 Tub Chicken	
DAY 3	Homemade Baby Cereal (Recipe on our website)	½ Tub Sweet Potato & ½ Tub Spinach & Green Beans & 1/3 Tub Basil Beef	½ Tub Sweet Potato & ½ Tub Carrot & 1/3 Tub Rosemary Chicken	
DAY 1	Homemade Baby Cereal & ½ Tub Apple (Recipe on our website)	½ Tub Sweet Potato & ½ Tub Butternut & ½ Tub Spinach & Green Beans & ½ Tub Basil Beef	Mashed Potato & ½ Tub Butternut & ½ Tub Broccoli & ½ Tub Rosemary Chicken	WEEK 3 (3 day example, continue & adjust according to baby's needs)
DAY 2	Cooked Porridge (eg. Maltabella) & Fruit	½ Tub Sweet Potato & ½ Tub Carrot & ½ Tub Broccoli & ½ Tub Rosemary Chicken	½ Tub Sweet Potato & ½ Tub Butternut & ½ Tub Spinach & Green Beans & ½ Tub Basil Beef	
DAY 3	Homemade Baby Cereal & ½ Tub Apple (Recipe on our website)	Cooked Spaghetti with Butternut Pasta Sauce (HUNGRY TUMMY) & ½ Tub Beef / Chicken	½ Tub Beetroot & Sweet Potato & ½ Tub Butternut & ½ Tub Spinach & Green Beans & ½ Tub Basil Beef	

This is only an indication of a basic meal plan for one week. Feel free to add other fruit, veggies, yogurt or a starch to create your baby's favourite meal. Follow your baby's own needs to determine portion sizes. Recipes available on our website.



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TIPS FOR STARTING OUR EXPLORER TUMMY

From 7 months

Between 7 - 9 months is the best opportunity to introduce a combination of flavours for your baby to get used to. Adding protein and green vegetables to your baby's diet will be a new adventure over the next month.

WHY IS PROTEIN IMPORTANT:

Protein is important for your child's brain growth and muscle development. Make sure to include protein at every meal.

Foods with lots of protein include:

- red meat, chicken, fish or organ meat such as liver
- eggs
- beans, lentils or chickpeas
- tofu
- nuts

These foods also contain other useful vitamins and minerals like iron, zinc, vitamin B12 and nutrients like omega-3 fatty acids.

Iron from red meat, lentils, chickpeas, tofu and nuts is particularly important for your child's brain development and learning.



NOTE

It's normal for your baby to gag at protein textures. Just remember that they will get used to it as you keep on introducing these new flavours and textures.

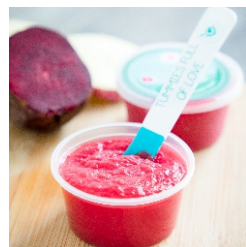
♥ Dr Diana Inspiration ♥

"Eating great food is a journey best appreciated with people that understand it's importance. Don't just watch us eat ; Take a bite and join us!"

For more information on Dr Diana's book Please visit www.dianaduplessis.co.za



The rule with protein products is: "Eat your meat, for the brain to speed".



PLEASE CONSULT A HEALTHCARE PROFESSIONAL ABOUT INFANT FEEDING AND INTRODUCTION TO SOLIDS. Our range is developed with products that freeze well. There are additional food options to create more variety meals

HOW TO KNOW YOUR BABY HAS HAD ENOUGH:

- Cries and closes his lips; shakes head to say "no"
- Pulls away and avoids eye-contact
- Leans back in the feeding chair
- Turns his head away from the spoon
- Gets distracted and starts playing or loses interest
- Refuses to open for the next bite or even spits food out
- Covers his mouth or face with his hands
- Pushed away the spoon or the bowl
- Falls asleep

FOR TIPS & INSPIRATION FOLLOW US ON FACEBOOK & INSTAGRAM