

TRANSITIONING MEAL PLAN FROM 6 MONTHS

THIS IS A GENERAL, NUTRIENT DENSE MEAL PLAN THAT IS NOT IDEAL FOR CHILDREN WITH SPECIAL OR SPECIFIC NEEDS. PLEASE ASK FOR A CONSULTATION IF YOU ARE CONCERNED ABOUT ANY PERCULARITIES IN YOUR CHILD.

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------|--|---|---|---|---|--|---|
| 6am | Breast milk/Formula (minimum 4oz/90ml) | Breast milk/formula (minimum 4oz/90ml) | Breast milk/formula (minimum 4oz/90ml) | Breast milk/formula (minimum 4oz/90ml) | Breast milk/formula (minimum 4oz/90ml) | Breast milk/formula (minimum 4oz/90ml) | Breast milk/formula (minimum 4oz/90ml) |
| 9am | Rice cinnamon cereal with baobab sugar (sugar here is dates) | Sorghum pudding, with pawpaw and formula/breast milk | Banana and dates cereal | Rice cinnamon cereal with baobab sugar (sugar here is dates) | Banana and dates cereal | Sorghum pudding, with pawpaw and formula/breast milk | Rice cinnamon cereal with baobab sugar (sugar here is dates) |
| 12pm | Greek yoghurt/ pap smoothie with (watermelon or pineapple) | Apples, grapes and baobab sugar puree | Avocado and 1 tablespoon datechoco/1 egg yolk puree | Greek yoghurt/ pap smoothie with (watermelon or pineapple) | Avocado and 1 tablespoon datechoco/1 egg yolk puree | Greek yoghurt/ pap smoothie with (watermelon or pineapple) | Apples, grapes and baobab sugar puree |
| 3pm | creamy spinach/ugwu potatoes (irish/sweet) with coconut milk | Plantain and nutmix porridge (with red oil and fish powder) | Rice cinnamon cereal swallow and Ewedu/okro soup (with iru and fish powder) | creamy spinach/ugwu potatoes (irish/sweet) with coconut milk | Plantain and nutmix porridge (with red oil and fish powder) | creamy spinach/ugwu potatoes (irish/sweet) with coconut milk | Rice cinnamon cereal swallow and Ewedu/okro soup (with iru and fish powder) |
| 7pm | Sorghum fish porridge (with bell peppers and sweet corn) | Sweet beans with carrots and chicken | Bambara and yam porridge (with beef, green peas and onions) | Sorghum fish porridge (with bell peppers, sweet corn and fish powder) | Sweet potatoes and carrots with chicken | Bambara and yam porridge (with beef, green peas and onions) | Sweet potatoes and carrots with chicken |
| 9pm | Breast milk(minimum 4oz/90ml) | Breast milk(minimum 4oz/90ml) | Breast milk(minimum 4oz/90ml) | Breast milk(minimum 4oz/90ml) | Breast milk(minimum 4oz/90ml) | Breast milk(minimum 4oz/90ml) | Breast milk(minimum 4oz/90ml) |

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RECOMMENDATIONS

- ADD 1 CAPSULE SPIRULINA TO AT LEAST ONE OF YOUR CHILD'S MEALS DAILY. THIS PROVIDES A VAST AMOUNT OF NUTRIENTS DAILY AND ENSURE PROPER DIGESTION AND ABSORPTION.
- WATER INTAKE SHOULD NOT BE LESS THAN 350-500ML DAILY.
- PUREE OR MASH YOUR CHILD MEALS AFTER COOKING FOR EASY CONSUMPTION. IF YOUR CHILD PREFERS MORE TEXTURES MEALS ENSURE THE MEALS ARE IN A CONSISTENCY THEY CAN TOLERATE.
- ALL THESE RECOMMENDATIONS ARE NOT TO BE APPLIED ALL AT ONCE AS NOT TO OVERLOAD YOUR CHILD; RATHER THEY SHOULD BE APPLIED GRADUALLY TO SEE WHAT WORKS AND WHAT DOESN'T.
- ALLOW AT LEAST 2 DAYS INTERVAL PER MEAL IS RECOMMENDED. THIS IS TO OBSERVE FOR ANY ALLERGIC REACTIONS.
- PERSISTENCY AND CONSISTENCY IS KEY TO HAVING A HEALTHY CHILD.
- AVOID SALT AND VERY HEAVY SEASONINGS (CURRY, PAPRIKA, SPICED PEPPER, STOCK CUBES E.T.C) AS EXCESSIVE USE CAN DAMAGE YOUR CHILD'S KIDNEY AND ALTER THEIR TASTE BUDS.
- HONEY/PROCESSED SUGAR SHOULD NOT BE USED TO SWEETEN ANY OF YOUR CHILD'S MEALS.

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ITEMS RECOMMENDED

Rice cinnamon cereal-Kudara baby foods

Mixed grain cereal-Kudara baby foods

Banana and dates cereal-Babygrubz

Sweet beans cereal-Babygrubz

Malted Bambara flour-Machi Foods

Tallow-Machi Foods

Dates choco-Agaswholesome

Baobab sugar-Agaswhoesome

Fish powder-My first meals

Sorghum cereal-My first meals

Nut mix-My first meals

Fresh fruits and vegetables-Awesome Fresh

YOU CAN PURCHASE FROM ALL THE VENDORS LISTED AND PAY JUST ONE DELIVERY FEE BY CLICKING

[HERE](#)

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RECIPES

HOMEMADE Coconut milk

<https://www.youtube.com/watch?v=UiBdQjAu21A>

Tip-Please do not peel the brown part of the coconut before you blend.

HOMEMADE Peanut butter

<https://www.youtube.com/watch?v=fmBie5TY8uU&t=6s>

Tips-You can use coconut oil or pure groundnut oil
You need a very good blender or a food processor

HOMEMADE Apple sauce

<https://www.youtube.com/watch?v=Np6LLhfylk>

Tips-peel the back for a smoother texture

AGB sauce

Ingredients

Apple sauce
1 tspn of baobab dates powder
Grapes

Method

In the blender add all the ingredients and blend till smooth.

Rice and dates with baobab sugar cereal

Serving: 250ml

Ingredients

2 tspn of rice and dates cereal
1 tspn of baobab sugar
Optional add-ins-dates choco, apple or other fruit puree

Method:

Mix the Kudara and dates cereal with some water to form a thick paste

Boil at least 150ml of water

Add the rice and dates cereal past and cook for 5-7mins or until a pap-like consistency is formed

Pour the rice and dates into a bowl and add in the baobab sugar and mix till well combined

If the mix is too thick add some water to achieve desired consistency

Sorghum with pawpaw puree

Serving: 250ml

Ingredients

2 tspn of sprouted sorghum cereal
1 tspn pawpaw and ginger puree

Optional add-ins baobab sugar, dates choco, apple or other fruit puree

Method:

Mix the sorghum cereal with some water to form a thick paste

Boil at least 150ml of water

Add the sorghum cereal past and cook for 5-7mins or until a pap-like consistency is formed

Pour the sorghum cereal into a bowl and add in the pawpaw and ginger and mix till well combined

If the mix is too thick add some water to achieve desired consistency

Banana and dates with coconut milk

(SAME RECIPE FOR MIXED GRAIN, GRAINS AND NUTS, AND TOM BROWN CEREAL)

Serving: 250ml

Ingredients

2 tbspn of banana and dates cereal

100ml of coconut milk

Optional add-ins-baobab sugar, dates choco, apple or other fruit puree

Method:

Mix the banan and dates cereal with some water to form a thick paste

Boil at least 150ml of water

Add the banana and dates cereal past and cook for 5-7mins or until a pap-like consistency is formed

Pour the banana and dates cereal into a bowl and add in the pawpaw and ginger and mix till well combined

If the mix is too thick add some water to achieve desired consistency

Dates choco avocado egg yolk puree

Ingredients

¼ avocado

1 tbspn of dates choco powder

1 boiled egg yolk

Method:

Blend all the above ingredients till smooth

Creamy spinach/ugwu potatoes (irish/sweet) with coconut milk

Ingredients

Boiled irish/sweet potatoes

Spinach or ugu leaves

Coconut milk

Baobab ranch seasoning

Fish powder

Method:

In a pot, add in the coconut milk and bring to a boil

Add in the spinach/ugu baobab ranch seasoning, fish powder and allow to steam for 2 mins
Add in the boiled potatoes and mix till well combined
Serve as is or blend till smooth

Plantain and nutmix porridge

Ingredients

1 plantain finger
Crayfish/fish powder
green peas powder
tallow
onions
nut mix

Method:

Cut and boil the plantain
In a pot add the tallow, crayfish powder, onions and nut mix
for 5 mins
Add in the boiled plantain and mix well
Turn off heat and the green peas and mix till well combined
Blend to puree if preferred by the child

Sorghum fish porridge

Ingredients

Flaked fresh fish (properly deboned)
Sorghum flour

Cococnut or ground nut oil
Tatashe fresh pepper and onions blended in coconut milk
Home made Coconut milk
Barbeque rub spice

Method:

Blend the tatashe onions and fresh pepper in coconut milk

In a pot add coconut oil or pure groundnut oil
Add in the blended mix and spices and allow it to simmer for 10 mins; stir occasionally so it doesn't burn.

Once sauce is slightly thickened and in 2 tbspn of sorghum flour and stir continuously till well combined.

If porridge is too thick add a bit of water
Add in the flaked fish and stir to combine
Serve warm

Sweet potatoes and carrots with chicken

1 sweet potato boiled
1 chicken breast
Vegetable stock seasoning
2 tbspn sweet beans flour
Oil of choice/tallow
Carrots
Onions and garlic puree

Method

In a pot add in the onions and garlic puree.

Add in the Cook chicken seasoned with the vegetable stock and cook till done

Dissolve sweet beans flour in water to form a paste and add it to the chicken.

If the sauce is too thick add some water

Add in the carrots and steam for 2 mins

Add the sweet potatoes and mix till well combined.

Serve as is or blend as desired by the child

Bambara and yam Porridge

¼ small Yam Tuber (cubed and cooked)

2 medium Carrots

1 small onion

1 big red Bell Pepper

Flaked deboned fish/fish powder

Crayfish powder

Soupa delish seasoning

Malted bambara nut flour

Method

Steam and blend the carrots, bambara nut flour, bell pepper and onion

Peel and cut yam/plantain into cubes and cook

In another pot, heat oil, add the blended carrot mix and cook.

Add flaked fish, soupa delish seasoning and crayfish powder and stir and allow to simmer.

Add the mixture to the cooked yam

Mix, mash and continue to cook until you get your desire texture

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