



## **SAMPLE MENU STAGE 1**

**HOW IT WORKS:** A Stage 1 subscription consists of 15 items each week so that you may interchange solid foods with breast milk/formula as your baby needs. Subscriptions are typically meant to provide meals/items for 5 out of 7 days of the week in order to account for travel, meals out with mom and dad, schedule changes, and more.

As your baby is just starting to dip into the exciting world of solid food, we've provided a variety of flavors and textures, all ingredients are nutrient-dense, and of course seasonal, local/organic, free-range, pasture-raised, grass-fed, non-GMO. The items included are created with the developmental needs of infants in the 6-9 month age range (lots of healthy fats, protein, good cholesterol and iron!). For any new ingredient your baby hasn't tasted before, we always recommend close supervision of a caretaker. It may take them a few tries to get acquainted with a certain item.

### **This week's menu selections includes....**

#### **PUREES**

- \* Blueberry-banana smoothie // coconut milk, vanilla, hemp, cinnamon
- \* Creamy roasted beet borscht with lemony garlic + basil yogurt
- \* Cinnamon simmered apple sauce // vanilla, nutmeg, lemon

#### **CHUNKY PUREES**

- \* Creamy broccoli + Japanese sweet potato puree topped with sautéed grass-fed ground beef // spinach, onion, garlic, cream, lemon
- \* Cardamom-pear crumble parfait // vanilla bean yogurt, cinnamon + cardamom stewed pears, gluten free oat crumble with dates + pecans // coconut oil, lemon, ginger
- \* Golden milk chia pudding with raspberry-apple compote // coconut milk, turmeric, ginger, cinnamon, nutmeg, date, vanilla

#### **HAND-HELD PROTIENS**

- \* Herbed frittata bites with lemony-veggie + miso goat cheese
- \* Crispy baked local cod cakes + lemon-berbere aioli // sweet potato, scallion, garlic
- \* Broccoli, cheddar + beef potato puffs with herbed yogurt sauce // garlic, onion, egg
- \* Sautéed spinach + thyme turkey bites topped with gouda // black garlic-date aioli // garlic, onion, lemon
- \* Kale + date lamb meatballs with honey nut squash mash // onion, garlic, fennel, thyme, ghee

## **HAND-HELD FRUIT + VEG**

- \* Roasted sweet potatoes + brussels with grass-fed, pasture raised chicken liver pate // garlic, onion, rosemary, hard boiled egg
- \* Cinnamon + coconut oil roasted apple rings sandwiched with maple-pecan cream cheese sprinkled with chia + hemp seeds // vanilla, lemon
- \* Cinnamon roasted kabocha squash + turmeric chickpeas with lemony tahini dip // yogurt, garlic, scallion, date

## **LAYERED JAR ITEMS**

- \* Coconut milk + vadouvan kabocha squash puree topped with sautéed ground turkey // garlic, onion, lemon
- \* Coconut milk + black rice porridge with mango-lime puree // vanilla, cinnamon

***Nourishing food makes for happy bellies, enjoy!***