



SAMPLE WEEK STAGE 2

HOW IT WORKS: A Stage 2 subscription consists of 18 items each week so that you may interchange solid foods with breast milk/formula as your babe 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 babe 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 9-12 month age range (lots of healthy fats, protein, good cholesterol and iron!). For any new ingredient your babe hasn't tasted before, we always recommend close supervision of a caretaker. It may take him or her a few tries to get acquainted with a certain item.

DAY 1

MORNING: Butternut squash + herb frittata bites // garlic, caramelized onion, spinach + goat cheese

AFTERNOON: Greek turkey bites with heirloom cherry tomatoes + carrot-coriander tzatziki // red onion, feta, oregano, spinach, garlic, carrot, lemon, parsley

SNACK: Millet-maple banana bread // millet flour, whole wheat flour, banana, nutmeg, maple + yogurt

EVENING: Sweet potato + scallion salmon cakes with roasted pepper strips + lemon aioli

DAY 2

MORNING: Autumn apple pie smoothie // coconut milk, cinnamon simmered apples, gluten-free oats, hemp seeds, cinnamon, nutmeg, lemon

AFTERNOON: Turmeric egg mash topped with salmon roe // chives, garlic, lemony aioli

EVENING: *Tropical fruit puree // mango, banana, lime, coconut, cinnamon, vanilla

DAY 3

MORNING: Peanut butter-banana oats + vanilla-blueberry chia seed jam // coconut milk, vanilla, cinnamon

AFTERNOON: Miso soup // scallion, Hodo soy tofu, dashi, miso + wakame (NOTE* Hodo soy tofu is made from organic, non-GMO, US-grown, whole soybeans!)

SNACK: Beet + feta tartine + turmeric roasted cauliflower florets

EVENING: Pesto spaghetti squash with chicken + veggies // walnut, basil, carrot, zucchini, red bell pepper, onion, garlic, lemon, pulled chicken + pecorino

DAY 4

MORNING: Coconut-cinnamon chia pudding + pumpkin-date puree // vanilla, nutmeg, lemon

AFTERNOON: Roasted kabocha squash puree // garlic, shallot, coconut milk, lemon + berbere spice.

SNACK: Cinnamon + ghee sautéed apples + pears with chopped dried cherries + drizzled with vanilla coconut butter + lemon zest

EVENING: Turkey meatloaf bites // shredded carrot + zucchini, sautéed onion, garlic, spinach, cumin + gouda // curried tomato dip

DAY 5

MORNING: Cinnamon + nutmeg spiced yogurt with chopped dried fruit // cherries, golden raisins, cinnamon, vanilla

AFTERNOON: Spinach + feta grass-fed lamb meatballs with sautéed liver + onion tomato sauce with roasted zucchini // shallot, garlic, coriander, cumin, date

SNACK: Coconut turmeric truffles + blueberries // walnut, cashew, golden raisins, lemon, hemp seeds, cinnamon, vanilla, orange

EVENING: Turkey + squash chili // onion, garlic, celery, cumin, chili, tomato, butternut squash + black beans

Nourishing food makes for happy bellies, enjoy!