



STAGE 3 // SAMPLE MENU

HOW IT WORKS: A Stage 3 subscription consists of 22 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 12-24 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.

DAY 1

MORNING: Korean frittata // sautéed ground pork, tamari, scallion + sweet potato topped with gomasio // toasted nori, sesame seeds + sea salt // sliced grapes

AFTERNOON: Lemony flaked local cod, sautéed Brussels sprouts with roasted red grapes + pumpkin-fennel puree // garlic, shallot

SNACK: Caramelized pumpkin smoothie // sautéed pumpkin chunks, banana, coconut milk, hemp seeds, date, vanilla bean, nutmeg, lemon + fresh ginger

EVENING: Lemony roasted pasture raised chicken breast + roasted carrots tossed in pistachio pesto // basil, garlic, nutritional yeast, lemon + chopped dates

DAY 2

MORNING: Ragi wholegrain porridge with shredded zucchini + shredded apple, cinnamon, nutmeg, vanilla, coconut milk + golden raisins

AFTERNOON: Pasture raised chicken + wild rice soup // carrots, celery, onion, garlic, broth, rosemary, thyme, lemon

SNACK: Miniature fruit + nut peanut butter cookie bites sprinkled with Himalayan pink salt // peanuts, dates, vanilla, flax, chia, lemon

EVENING: Flaked salmon + cinnamon lime roasted yams and Japanese sweet potato sticks with garlic + scallion aioli

DAY 3

MORNING: Autumn spiced buckwheat waffles with pecans + golden raisins // vanilla pumpkin cream cheese + roasted apple // yogurt, egg, coconut oil, maple, cinnamon, nutmeg, ginger

AFTERNOON: Egg drop soup // chicken broth, egg, tamari, ginger + scallion

SNACK: Cinnamon + coconut oil roasted delicata squash with vanilla yogurt dip

EVENING: Mini whole wheat shells stuffed with rosemary sautéed chicken liver + onion whipped ricotta with minced spinach + creamy butternut squash sauce // lemon, garlic, nutritional yeast

DAY 4

MORNING: Coconut milk chia pudding with cardamom pear puree // vanilla, cinnamon, lemon

AFTERNOON: Creamy roasted cauliflower puree with fennel + herb sautéed ground pork // garlic, ginger, scallion + tamari

SNACK: Sliced grapes with nut butter date dip // yogurt, peanuts, vanilla, chia, almond butter

EVENING: Harvest skillet // Sweet potatoes, shaved brussels sprouts + dried cherries sautéed with rosemary + thyme ground turkey // garlic, lemon

DAY 5

MORNING: Vanilla yogurt parfait with cinnamon sautéed chopped apples + raisins // lemon, ghee

AFTERNOON: Sweet Aloo Gobi (northern Indian curry) // sweet potato, ginger, garlic, cauliflower, peas, red lentils, cinnamon + garam masala

SNACK: Peanut butter crunch cup // coconut butter, peanut butter, coconut oil, maple, vanilla bean, chia, flax

EVENING: Spiced beef kofta with roasted broccoli + minted date yogurt dip // curry, parsley, onion

EXTRAS:

* Mango lassi // yogurt, milk, hemp seeds, vanilla, cinnamon, mango, lemon

* Baked banana chips + dried fruit // cinnamon, coconut oil

Nourishing food makes for happy bellies, enjoy!