

## Breakfast

Breastmilk  
or Formula  
4 fl oz



Gerber® Lil' Bits®  
Oatmeal Banana  
Strawberry Cereal



4 Tbsp



1 large  
scrambled egg,  
finely chopped

## Mid-morning snack

Breastmilk  
or Formula  
4 fl oz



Gerber®  
2nd Foods®  
Green Bean



1/2 tub



Gerber®  
Fruit & Veggie  
Melts® Truly  
Tropical Blend



1/4 cup

## Lunch

Breastmilk  
or Formula  
4 fl oz



Hummus



1/4 cup



Gerber®  
Lil' Crunchies®  
Mild Cheddar



16 pieces

## Afternoon snack

Breastmilk  
or Formula  
4 fl oz



Gerber® 2nd Foods®  
Butternut Squash



1/2 tub

## Dinner

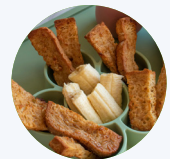
Breastmilk  
or Formula  
4 fl oz



Gerber® Organic  
2nd Foods® Apple  
Wild Blueberry



1 jar



French Toast  
Whole Wheat Strips\*

## Evening feeding

Breastmilk  
or Formula  
4 fl oz



\*Recipe link: [www.gerber.com/parenttalk/banana-french-toast-sticks](http://www.gerber.com/parenttalk/banana-french-toast-sticks)

**Please note:** The quantities provided are approximates and parents/caregivers should responsively feed by paying attention to baby's hunger and fullness cues. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland or used with permission. © 2025 Nestlé.