




First serve...

...followed by

## Breakfast

Breastmilk  
or Formula  
4 fl oz



Gerber®  
Oatmeal 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



Cooked pasta  
Penne or rigatoni that can be  
dipped into green bean puree  
4-5 pieces

## Lunch

Breastmilk  
or Formula  
4 fl oz



Hummus  
  
1/4 cup




Gerber® 2nd Foods®  
Banana  
Mix with hummus for  
new flavor & texture<sup>†</sup>  
  
1-2 Tbsp

## 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)  
† Inspiration: [www.passmeaspoon.com/banana-bread-hummus](http://www.passmeaspoon.com/banana-bread-hummus)