

Your Starting Solids Tracker

What's your mini munching on?

INGREDIENTS

Vegetables

- Broccoli
- Spinach
- Bell pepper
- Zucchini
- Kale
- Beet
- Pumpkin
- Sweet potato
- Pea
- Carrot
- Butternut Squash
- Parsnip
- Purple carrot

Fruits

- Mango
- Banana
- Avocado
- Pear
- Apple
- Strawberries

- Raspberries
- Blueberries
- Cranberries
- Peach
- Rhubarb
- Coconut
- Prunes
- Date
- Pitaya
- Pineapple
- Guava

Seeds, legumes

+ grains

- Chia
- Hemp
- Black bean
- Quinoa
- Flax
- Buckwheat
- Chickpea
- Wheat germ oil

- Pumpkin seed
- White bean

Spices + more

- Basil
- Mint
- Dill
- Coconut milk
- Rosemary
- Cumin
- Turmeric
- Flax seed oil
- Cinnamon
- Ginger
- Thyme
- Avocado oil
- Vanilla bean
- Coconut oil
- Spirulina
- Avocado Oil
- Coconut cream

BABYBLENDS

Starting solids

- Apple
- Butternut squash
- Mango
- Pear
- Prune
- Zucchini
- Peach
- Guava
- Purple carrot
- Sweet potato
- Parsnip
- Broccoli + spinach
- Sweet potato + carrot
- Beet, banana + mango
- Carrot, apple + ginger
- Kale, carrot + pear
- Pea, pear + mint

Multi ingredients

- Avocado, green apple, broccoli + spirulina
- Broccoli, pineapple, banana + hemp

- Carrot, mango, banana + chia
- Carrot, mango, coconut milk + turmeric
- Kale, avocado, green apple + chia
- Quinoa, butternut squash, kale + apple
- Spinach, mango, banana + hemp
- Strawberry, basil, beet, pear + chia
- Sweet potato, apple, blueberry + flax
- Sweet potato, apple, red bell pepper + turmeric

Complex

- Kale, white bean, pear, basil, quinoa + avocado oil
- Pitaya, pineapple, spinach, banana + coconut oil
- Blueberry, chickpea, spinach, pear + rosemary
- Carrot, apple, buckwheat, cinnamon, pumpkin seed + flax oil
- Quinoa, raspberry, pear, coconut milk, vanilla, date + wheat germ oil

Track all the new ingredients + blends your little one is trying!



little spoon.

Share your little's starting solids journey with @littlespoon. Tag #thelittlespoonway for a chance to be featured!