



# MAGIES VOL LIEFDE TUMMIES FULL OF LOVE

♥ Baby & Toddler Food ♥

www.tummiesfulloflove.co.za

## 2 EXPLORER TUMMY MEAL PLAN From 7 months

Sweet Potato, Butternut, Carrot & Apple flavours are all available in the TINY TUMMY range. Add green veggies in the first week of this meal plan, and a protein in the second week (all from the EXPLORER TUMMY range)



Introduce new flavours separately before mixing the food together. It can take up to 4 times of tasting before your baby accepts a new flavour or texture, so don't give up!

DO NOT FEED YOUR BABY DIRECTLY FROM THE TUBS. TUBS CAN BE DIVIDED WHILE FROZEN. Take a look at our website for instructions on defrosting.

**MONTH PACK = 1 MONTH SUPPLY.**

PRODUCTS INCLUDES 2 MONTH PACKS (SWEET POTATO & CARROT), 10 TUBS CARROT & 10 TUBS BUTTERNUT / MINTY POTATO.

- 1 14 Tubs Sweet Potato
- 1 14 Tubs Butternut
- 1 10 Tubs Carrot
- 1 8 Tubs Apple
- 1 4 Tubs Merry Berry
- 1 2 Tubs Prune, Oats & Quinoa
- 1 8 Tubs Roobos Apple & Pear
- 1 6 Tubs Beef / Basil Beef
- 1 6 Tubs Chicken / Rosemary Chicken
- 1 6 Tubs Spinach & Green Beans
- 1 6 Tubs Broccoli
- 1 2 Tubs Beetroot & Sweet Potato
- 1 2 Tubs Minty Mashed Peas
- 1 2 Tubs Cherry Berry Millet



OPTIONAL: Butternut Pasta Sauce

TIP

Replace Sweet Potato with Beetroot & Sweet Potato / Minty Mashed Peas flavours in meal plan.

	BREAKFAST	MEAL 1	MEAL 2	
DAY 1	Cooked Porridge (eg Oats) & Fruit	½ Tub Sweet Potato & ¼ Tub Broccoli	½ Tub Sweet Potato & ½ Tub Butternut	WEEK 1 (3 day example, continue for 7 days)
DAY 2	Homemade Baby Cereal & Roobos Apple (Recipe on our YouTube Channel)	½ Tub Sweet Potato & ¼ Tub Broccoli	½ Tub Sweet Potato & ½ Tub Carrot	
DAY 3	Cooked Porridge (eg Maltabella) & Fruit	½ Tub Carrot & ¼ Tub Spinach & Green Beans	½ Tub Sweet Potato & ½ Tub Butternut	
DAY 1	Homemade Baby Cereal (Recipe on our YouTube Channel)	½ Tub Sweet Potato & ¼ Tub Spinach & Green Beans & ¼ Tub Beef	½ Tub Sweet Potato & ½ Tub Butternut & ¼ Tub Beef	WEEK 2 (3 day example, continue for 7 days)
DAY 2	Cooked Porridge (eg Oats) & Fruit	½ Tub Butternut & ¼ Tub Broccoli & ¼ Tub Chicken	½ Tub Sweet Potato & ½ Tub Chicken & ¼ Tub Chicken	
DAY 3	Homemade Baby Cereal (Recipe on our YouTube Channel)	½ Tub Sweet Potato & ¼ Tub Spinach & Green Beans & ¼ Tub Basil Beef	½ Tub Sweet Potato & ½ Tub Carrot & ¼ Tub Rosemary Chicken	
DAY 1	Homemade Baby Cereal & ½ Tub Apple (Recipe on our YouTube Channel)	½ Tub Sweet Potato, ½ Tub Butternut & ¼ Tub Spinach & Green Beans & ½ Tub Basil Beef	Mashed Potato & ½ Tub Butternut, ¼ Tub Broccoli & ½ Tub Rosemary Chicken	WEEK 3 (3 day example, continue & adjust according to baby's needs)
DAY 2	Cooked Porridge (eg Maltabella) & Fruit	½ Tub Sweet Potato & ½ Tub Carrot, ¼ Tub Broccoli & ½ Tub Rosemary Chicken	½ Tub Sweet Potato, ½ Tub Butternut & ¼ Tub Spinach & Green Beans & ½ Tub Basil Beef	
DAY 3	Homemade Baby Cereal & ½ Tub Apple (Recipe on our YouTube Channel)	Cooked Spaghetti with Butternut Pasta Sauce (HUNGRY TUMMY) & ½ Tub Beef / Chicken	½ Tub Beetroot & Sweet Potato & ½ Tub Butternut & ¼ Tub Spinach & Green Beans & ½ Tub Basil Beef	

This is only an indication of a basic meal plan for one week. Feel free to add other fruit, veggies, yogurt or a starch to create your baby's favourite meal. Follow your baby's own needs to determine portion sizes. Recipes available on our YouTube Channel.



Between 7 - 9 months is the best opportunity to introduce a combination of flavours for your baby to get used to.  
**Adding protein and green vegetables to your baby's diet will be a new adventure over the next month.**

## NOTE

It's normal for your baby to gag at protein textures. Just remember that they will get used to it as you keep on introducing these new flavours and textures.

## ♥ Dr Diana Inspiration ♥

*"Eating great food is a journey best appreciated with people that understand it's importance. Don't just watch us eat. Take a bite and join us!"*

For more information on Dr Diana's book please visit  
[www.dianadplessis.co.za](http://www.dianadplessis.co.za)



The rule with protein products is:  
**"Eat your meat, for the brain to speed".**

## WHY IS PROTEIN IMPORTANT:

Protein is important for your child's brain growth and muscle development. Make sure to include protein at every meal.

Foods with lots of protein include:

- red meat, chicken, fish and organ meat, such as liver
- eggs
- beans, lentils and chickpeas
- tofu
- nuts

These foods also contain other useful vitamins and minerals like iron, zinc, vitamin B12 and nutrients like omega-3 fatty acids.

Iron from red meat, lentils, chickpeas, tofu and nuts is particularly important for your child's brain development and learning.



## HOW TO KNOW YOUR BABY HAS HAD ENOUGH:

- Cries and closes his lips; shakes head to say "no".
- Pulls away and avoids eye-contact.
- Leans back in the feeding chair.
- Turns his head away from the spoon.
- Gets distracted and starts playing or loses interest.
- Refuses to open for the next bite or even spits food out.
- Covers his mouth or face with his hands.
- Pushed away the spoon or the bowl.
- Falls asleep.

FOR TIPS & INSPIRATION  
 FOLLOW US ON FACEBOOK  
 & INSTAGRAM

PLEASE CONSULT A HEALTHCARE PROFESSIONAL ABOUT INFANT FEEDING AND INTRODUCTION TO SOLIDS.  
 Our range is developed with products that freeze well. There are additional food options to create more variety meals.

