

# A Simple Baby Meal Plan

## Breakfast:

- 1/2 slice of whole grain toast with mixed nut butter
- 1/3 of a fruit or veggie puree with [Whole Grain Oatmeal cereal](#).

## Lunch:

- [Annie's Butter & Parmesan Spirals](#) + frozen peas + shredded chicken
- Yogurt or fruit/veggie puree mixed with [Whole Grain Oatmeal cereal](#).

## Snacks:

- Serenity Kids Puffs
- Gerber Puffs

## Grocery List

- [Annie's Butter & Parmesan Spirals](#)
- Frozen peas
- Chicken- drumsticks or breasts
- Fruit or vegetable puree
- Whole grain oatmeal cereal
- Whole grain bread
- Kirkland Signature Mixed Nut Butter
- Greek yogurt