

100 Foods before 1

@babyfoodfaves

Fruits



- Banana
- Apple
- Pear
- Avocado
- Peach
- Plum
- Mango
- Pineapple
- Papaya
- Grapes
- Blueberries
- Raspberries
- Blackberries
- Apricot
- Watermelon
- Kiwi
- Cherries
- Strawberries
- Pomegranate
- Cantaloupe

Veggies



- Sweet potato
- Carrot
- Pumpkin
- Peas
- Spinach
- Broccoli
- Cauliflower
- Zucchini
- Green beans
- Beetroot
- Asparagus
- Brussels sprouts
- Bell peppers
- Kale
- Chard
- Tomatoes
- Cucumber
- Eggplant
- Butternut squash
- Leek

Grains & Cereals



- Oats
- Rice
- Quinoa
- Millet
- Barley
- Farro
- Polenta
- Buckwheat
- Amaranth
- Wheat germ

Proteins



- Eggs
- Chicken
- Turkey
- Beef
- Lamb
- Salmon
- White fish
- Tuna
- Tofu
- Tempeh
- Lentils
- Chickpeas
- Black beans
- Kidney beans
- Pinto beans
- Split peas
- Edamame
- Hummus
- Cottage cheese
- Full-fat cheese
- Greek yogurt

Spices & Herbs



- Cinnamon
- Ginger
- Garlic
- Basil
- Oregano
- Thyme
- Parsley
- Dill
- Rosemary
- Mint

Other Add-ins



- Rice cakes
- Whole wheat bread
- Pancakes
- Waffle
- Muffins
- Sweet potato fries
- Frozen peas or corn
- Coconut water

Healthy Fats



- Olive oil
- Coconut oil
- Ghee
- Nut butters
- Chia seeds
- Flax seeds

Dairy



- Whole milk
- Full-fat cream cheese
- Ricotta cheese
- Plain yogurt
- Butter