



Made by Dr. Shahzad Khurram

WEANING PLAN OF A 6 MONTH OLD BABY

Week	Days	Primary Food (New)	Iron/Vitamin C Strategy	Focus
Week 1	1 - 3	Iron-fortified Oatmeal	Mix with breast milk/formula	Consistency: Very thin
	4 - 6	Avocado	Healthy fats for brain	Texture: Smooth mash
	Day 7	Sweet Potato	Vitamin A boost	Sweet & easy to digest
Week 2	8 - 10	Sweet Potato	(Repeat for tolerance)	Practice swallowing
	11 - 13	Lentils	Pair with Orange squeeze (Vit C)	Pureed very smooth
	14	Mashed Banana	Natural sweetness	Potassium source
Week 3	15 - 17	Lentils	Pair with Orange squeeze (Vit C)	Plant-based protein
	18 - 20	Peanut Butter	ALLERGEN: Thin with water	Early introduction
	21	Carrots	Beta-carotene	Steamed & pureed
Week 4	22 - 24	Lentils	Pair with Orange squeeze (Vit C)	High-quality protein
	25 - 27	Green Beans	Fiber for gut health	Introducing "greens"
	28 - 30	Mashed Blueberries	Pair with Iron Cereal (Vit C)	Texture: Thicker mash