

Feeding Littles

REAL FOOD

THE NO HASSLE WAY



A step-by-step guide
to feeding *Littles* from
infancy to early childhood.

CULTIVATE SIMPLE DELIGHTS

Their First Bites

Guiding your child towards healthy eating habits starts in infancy when your little one experiences their first flavors and textures that will open them to one of life's greatest pleasures...food!



First Foods

Choosing the right first foods doesn't have to be tricky. Simply choose a handful of easy to make purees to introduce to your baby. At this stage texture is the most important factor in making a delicious homemade baby food recipe.

Homemade purees are simple to make and will offer your little one a variety of wholesome nutrients.

When creating your first baby food, begin with ingredients that are easy to prepare and require no cooking like **banana** or **avocado** puree.

These simple foods can be prepared in a matter of minutes and both ingredients blend perfectly into a smooth cool puree your little one will enjoy.



The Secret To Making Perfect Purees

1. Use ingredients that soften easily and have a smooth consistency once blended.
2. Add a liquid to develop a better texture like vegetable stock or water.
3. Avoid lean meats when pureeing. Use fatty cuts of meat like chicken thighs to create a moist puree that is smooth and pairs nicely with a variety of ingredients.

Consider meal prepping a handful of simple ingredients **twice a week** to have healthy meals available for your little one.

Steaming vegetables is the easiest cooking methods for developing your own baby food recipes at home.

Meal prepping a variety of ingredients to make your own homemade recipes can be done in under 10 minutes.

Homemade Baby Food Recipe Ideas

Sweet Potato Puree

Butternut Squash Puree

Applesauce Puree

Banana & Strawberry Puree

Chicken and Carrots Puree

Green Peas Puree

Avocado Puree

Fresh Berry Smoothie Puree

Warm Pear Puree

Chicken Soup Puree

Sweet Corn Puree

Chickpea Puree

Eggplant Puree

Potato Puree

Salmon Puree

Broccoli Puree

Spinach Puree

Sweet Corn Puree

Once you have introduced a variety of ingredients
begin mixing and matching to create an
assortment of easy meals.

Stages Of Feeding Your Infant

1. Begin by introducing your baby to a variety of ingredients spaced apart to determine if food allergies are present. At this time one ingredient recipes work great and you will want a smooth texture to your purees.
2. Now begin pairing your little one's favorite ingredients to create simple 2-3 ingredient purees. The texture of the purees can be a little thicker at this stage.
3. When your little one is ready to move on consider mincing family favorite recipes so the whole family can enjoy eating the same meal. Simply mince food into pieces so your infant can easily chew and swallow their meals.



Favorite Puree Pairings

Chicken + Sweet Potato Puree

Carrots + Butternut Squash Puree

Applesauce + Avocado Puree

Black Bean + Corn Puree

Banana & Strawberry Puree

Chicken and Carrots Puree

Salmon + Green Peas Puree

Banana + Avocado Puree

Raspberry + Blackberry Puree

Warm Pear + Apples Puree

Chicken + Corn Puree

Eggplant + Chickpea Puree

Broccoli + Cauliflower Puree

Spinach + Sweet Corn Puree

These pairings work great for creating delicious
homemade baby food your *Little* will love.



Feeding Toddlers

Feeding toddlers is the next stage in developing healthy eating habits. Toddlers should experience a variety of flavors and textures this is key for developing **easy eaters**. To keep it simple consider introducing 1 new ingredient each day. Remember it can take time for your *Little* to develop a big appetite for wholesome foods.

How Toddlers Like To Eat

Feeding a toddler can be made simple when you have a consistent routine in place. Make meal time easy by offering your child homecooked meals that are **simple, quick to make, and toddler approved**.

Toddlers really enjoy experimenting with new flavors and having a sense of control over their meals.

Give them their sense of independence by offering meals in a deconstructed manner allowing your toddler to pick and choose between their favorite ingredients.

Toddler Friendly Recipe Ideas

Spaghetti with Garlic Toast

Tacos with Fresh Avocado

Baked Chicken and Mashed Potatoes

Salmon and Steamed Vegetables

Cheesy Omelet with Sliced Fruit

Quesadillas with Black Beans

Chicken Noodle Soup

Broccoli with Sweet Potato Bites

Deli Meat and Cheese Snack Plate

Grilled Chicken with Rice

Meatballs with Green Peas

Stir Fried Rice

Mediterranean Chicken Rice and Hummus

Steak with Loaded Potato

Grilled Cheese With Broccoli Bites

Cod with Baked Carrots

Your toddler can enjoy the same foods as the family does just simply serve in a manner that best suits your child's eating experience.

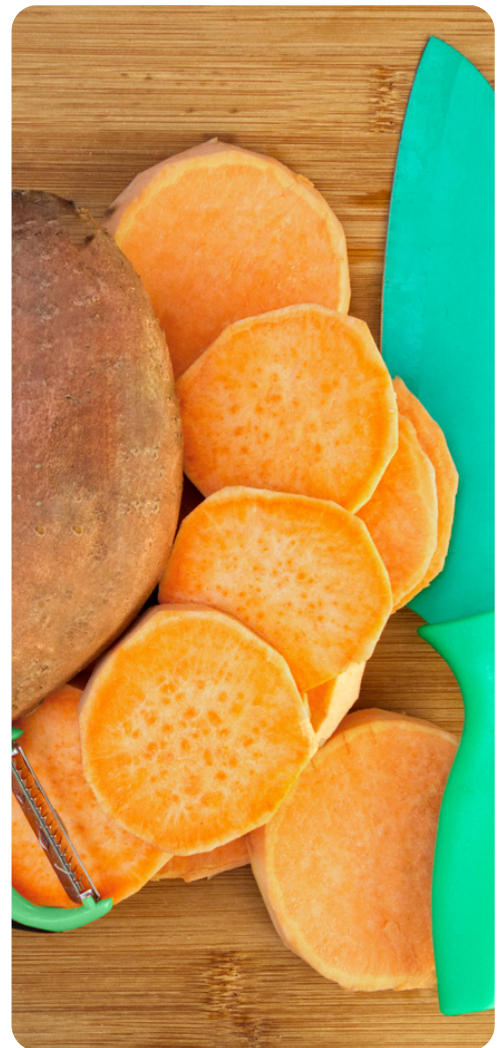
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*The simplest way to have easy meals on hand is to make enough at dinner to enjoy next day **leftovers.***

With leftovers your child can enjoy a wholesome homecooked meal at lunch and your gonna love how quick it will be to prepare.

Top Tips For Feeding Toddlers

1. Serve small meals with portions that are appropriate for your toddler. This will help reduce meal time struggles and waste.
2. Offer your child meals in a deconstructed manner to give them a sense of independence over what they eat.
3. Be consistent at meal times and avoid allowing your toddler to have snack foods instead of wholesome meals.



Working With Picky Eaters

Working with a picky eater takes patience and consistency. With time picky eaters can learn to overcome their difficulty with new flavors and textures.



Picky Eaters

The best way to work with a picky eater is to have **compassion** and be **consistent** in trying to introduce new flavors and textures in a way that is enjoyable for everyone.

Some *Littles* are just plain picky when it comes to eating. If your little one has become a picky eater consider what it is that is triggering this reaction? Do they have a sensory disorder? Have they become accustomed to eating convenience foods? Are homecooked meals offered regularly?

Often children can also get into the habit of eating foods that are high in sugar, salt, and carbohydrates because they are highly addictive.

By creating wholesome homecooked meals you can help your picky eater develop new eating habits that include a wide range of healthy nutritious foods making meal time enjoyable again.

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Understand that feeding a picky eater is a struggle, will take time, and is something that will eventually improve if you are consistent in offering wholesome meals.

Top Tips For Feeding Picky Eaters

1. Offer your *Little* foods they enjoy and slowly add in 1-2 new ingredients with each meal.
2. Present deconstructed plates so your child feels more control over what they are eating.
3. Offer small portions and allow your child to listen to their hunger cues.
4. Involve your child in creating their meals to get them excited about new ingredients.



A Connection To Food Will Raise A Foodie

Foster your child's connection to food from an early age by tending to a small garden and allowing them to be involved in cooking their own meals.



Into The Garden

The best way to get a child excited about the world of food is to involve them in growing their own.

When a child connects with food they will be more open about experiencing new flavors and textures.

Let your child be **involved** in the kitchen often.

Let them get excited about the ingredients and to be involved in the preparation of creating a meal together.

Your child is sure to want to try new recipes when you let them be a part of it.

By creating these comfort meals together you not only build memories, but also **eating habits that will last a lifetime.**

Family Favorite Meal Ideas

Baked Chicken with Mashed Potatoes and Corn

Stir Fry Shrimp and Zucchini Fried Rice

Grilled Pork Chops With Sweet Potato Bites

Steak with Loaded Baked Potato

Steamed Broccoli and Creamy Pasta with Shrimp

Chicken Noodle Soup

Salmon With Rice and Asparagus

Oven Baked Seasoned Potatoes with Italian Sausage

Stir Fry Noodles with Teriyaki Chicken

Pork Loin with Cranberry Sauce and Mac n Cheese

Baked Ham with Greenbean Casserole

Spicy Gumbo over Steamed White Rice

Thai Chili Air Fryer Chicken Wings

Butternut Squash Soup

Mediterranean Grilled Chicken with Zucchini

Pork Carnitas Tacos with Crispy Plantains

These family comfort meal ideas are perfect for establishing healthy eating habits in your home and they are super simple to make.

Guiding Your *Little* To Eating Real Food

There is one gift you can give your child that will make the world of difference. This is simply creating homecooked wholesome meals that are nutritious and delicious for your family.

With this simple act you can help create good eating habits for your entire family and guide them towards wellness through wholesome eating.

Foster your child's love of food through involvement and help develop their connection to one of life's greatest pleasures...food!



Thank you!