

## Sample Daily Menu of Super Baby Food Diet

Upon awakening *	breast feeding or bottle of formula
Breakfast, Prep time: 3 minutes	3/4 cup Super Porridge cereal made from whole grain millet and soy grits mixed with a mashed hard-cooked egg yolk and 1 teaspoon brewer's yeast, 2 broccoli cubes, 1/2 cup fresh squeezed orange juice, prescription vitamin drops, iron drops
Mid-Morning Snack, Preparation Time: 1 minute	1/2 cup Oatios (the natural foods equivalent of Cheerios), small, soft pieces of cooked carrot from the Super Snack Freezer bag , breastfeeding of 1/2 cup (4oz) formula
Lunch, Preparation Time: 2+1/2 minutes	1/2 cup whole milk yogurt mixed with 1 tablespoon tahini and 1 teaspoon ground flaxseed, avocado cubes, breastfeeding or 1/2 formula
Mid-Afternoon Snack, Preparation Time: 1 minute	ripe kiwi fruit, cut into small pieces for finger food or spoon-fed directly from peel, 1/2 slice whole wheat bread, broken into small pieces for finger food, breastfeeding or 1/2 cup formula
Supper, Preparation Time: 2 minutes	3/4 cup Super Porridge cereal made from brown rice and lentils mixed with a small mashed banana and breast feeding or 1/2 cup formula
Bedtime	breast feeding or bottle of formula
Plus a 1-2 tablespoons of water after each meal and between meals	

\* This Sample Daily Menu is for an older Baby or Toddler.

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