

SCHEDULES

7 Month Feeding Schedule: 2 Solid Meals Plus Milk Feeds

Your 7-month-old is ready for 2 solid meals a day. Get our complete sample schedule with times, formula amounts, solid food ideas, and tips for establishing a routine.

Frequently Asked Questions

How many times a day should a 7 month old eat solids?

Most 7 month olds eat solids two to three times a day alongside four to five breast milk or formula feeds. Build up gradually based on your baby's appetite.

Should milk or solids come first at 7 months?

Offering a partial milk feed first, then solids, often works well so your baby isn't too hungry to focus. As solids increase, you can experiment with the order.