

SCHEDULES

6 to 8 Month Weekly Feeding Plan: 7 Days of Meal Ideas

Get a free 7-day baby meal plan for 6 to 8 months with variety, nutritional balance, and age-appropriate textures. Includes new foods to try and a downloadable weekly schedule.

Frequently Asked Questions

How do I plan a week of meals for a 6 month old?

Start with one or two single foods a day, introducing one new food every 2–3 days to watch for reactions. Build toward two to three small meals featuring an iron-rich food, a vegetable or fruit, and gradually more variety across the week.

How do I introduce allergens in a weekly plan?

Offer one common allergen (such as egg, peanut, or dairy) at a time, early in the day, in an age-appropriate texture, then watch for reactions before adding the next. Spacing them across the week makes any reaction easy to trace.