

INTRODUCING SOLIDS TO BABIES

Plus: Toddler Nutrition

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Macronutrients

Carbohydrates

- 4 calories per 1 gram of carb
- **Role in the body:**
 - Primary source of energy for the body
 - Most easily digestible
 - Fastest to digest
- **Sources of Carbohydrates**
 - Grains: quinoa, rice, wheat, etc.
 - Potatoes, sweet potatoes, yucca
 - Vegetables
 - Fruit
 - Sweeteners: sugar, honey, agave, etc.
 - Processed foods: bread, baked goods, crackers



Fats

- 9 calories per 1 gram of fat
- **Healthy Fats:**
 - Help with vitamin absorption (especially vitamins A,D, E + K)
 - Required for brain development
 - Healthy skin
 - Weight gain and growth
- **Sources of Fat**
 - Best choices
 - Nuts & nut butters
 - Oils: avocado, coconut, olive
 - Butter, Ghee
 - Coconut
 - Avocado
 - Olives
 - Naturally found in protein & dairy
 - Okay choices
 - Baked and processed foods

Protein

- 4 calories per 1 gram of protein
- **9 Essential Amino Acids**
 - MUST come from food
- **Protein function**
 - Growth & Maintenance ligaments, tendons, muscle, hair, skin, nails, organs, bones
 - Immune health, Hormones, Enzymes, etc.
- **High-quality proteins**
 - Animal proteins are the best:
 - Meat, fish, seafood, poultry, meat, & dairy
 - Plant proteins:
 - Beans, peanut butter, nuts, quinoa & soy

Introducing Foods to little Ones

Signs your baby is ready for food:

- He/she is 6 months of age.
- He/she has at least doubled his/her birth weight.
- He/she can hold their head up well and are starting to sit up without support.
- He/she show signs of being interested in food (e.g., watching you eat, reaching for food when you are eating).
- He/she can close their mouth around a spoon and keep food in their mouth when fed.

Gagging versus Choking:

Gagging

= natural reflexive, an attempt to push something away from the airway.

- Child will likely open mouth and thrust tongue forward.
- Their face may appear bright red.
- Child will sputter and cough.
- Interfering when your child is gagging can cause them to choke.

It is important to stay calm and observe quietly.



\$79.99 on Amazon

Choking

- Child turns blue, silent and is unable to make noise.
- **It's crucial to act promptly by helping them dislodge the food.**
 - Position the infant face-down over your forearm. Administer five swift, firm blows to the infant's back using the heel of your hand.
 - Position two fingers in the center of the infant's breastbone and deliver five quick downward thrusts.
 - **Only attempt to remove the object with your finger if it's visible.**
- If child begins to cough, it is a partial blockage (a good sign) and they are working to clear their airway.

Loud and red, let them go ahead. Silent and blue, they need help from you.

Signs of Allergic Reactions:

- Mild Symptoms- call pediatrician if symptoms worsen
 - Sneezing, itchy or runny nose
 - Itchy mouth
 - Few hives or mild itching
 - Mild nausea or discomfort
- Severe Symptoms- call 911 and go straight to ER. Tell them your infant is having anaphylaxis.
 - Shortness of breath, wheezing, cough
 - Pale or blue skin, faintness, weak pulse, dizziness
 - Tight or hoarse throat, trouble breathing or swallowing
 - Significant swelling of the tongue or lips
 - Many hives over body, widespread redness
 - Repetitive vomiting, severe diarrhea

Common food allergens:

- Dairy (ex. milk, yogurt, cheese)
- Eggs
- Fish
- Shellfish
- Tree nuts (caution with nut butter, can be very dry)
- Peanuts (caution with nut butter, can be very dry)
- Sesame
- Soy
- Wheat



How to introduce common food allergens:

- Try to have your baby exposed to food allergens before their first birthday.
- Give them less than 1/2 a teaspoon initially, and gradually increase from there.
- Offer it in the morning.
- Make sure when baby is having one of the above mentioned foods for the first time that you have a chance to observe him/her for the next several hours (versus them being supervised by another caretaker).
- Give you baby the foods you are most nervous about 30ish minutes before your next pediatric appointment.
 - Or, in the parking lot of the ER
 - You can also put a bit of the food on their skin to see if they develop a reaction.

Ways to introduce foods:

- Spoon-feeding purees
 - Easier to know how much baby is eating
 - May get “stuck” on certain textures
 - Reduced risk of choking
- Baby-led weaning (BLW) is soft, easily-chewable whole foods or thin sticks of harder to chew foods.
 - May reduce picky eating
 - Encourages motor skill development
 - Higher choking risk
- Combination of both
 - I recommend this strategy. Start with purees and slowly transition to small, soft pieces of food. With time, increase size of food pieces and reduce purees.

Foods to avoid:

- Salt, salty foods or salt added foods/meals, such as: bacon, sausages, crackers, chips, etc.
- Sugar or food with added sugar.
- Honey.
- Whole nuts, peanuts and seeds.
- Whole grapes, cherries, cherry tomatoes, berries.
- Fruit or vegetables with skin.
- Dried fruit, including raisins
- Unpasteurized food.
- Food high in mercury.
- Hard foods (such as raw carrots, apples).
- Popcorn (until age 3).
- Raw or undercooked fish, meats, eggs, etc.



Calendars

Phase 1 Supported Sitter

Focus:

- Thinner consistency (use breast milk or formula to thin)
- Giving baby a taste of food.
- One food at a time.
- It is a time of practice and exploration.
- Offer single foods only about 1-2 times per day (as according to calendar)
- Blend single grain infant cereals with breastmilk or formula.
- Purees of fruit or vegetables.
- Wait three to five days between introducing each new food and monitor your baby's response.
- This was my favorite app for recipes and meal ideas.



Day 1: Introduce Food #1

Day 2: repeat

Day 3: repeat

Day 4: Introduce Food #2 +
Continue with Food #1

Day 5: repeat

Day 6: repeat

Day 7: Introduce Food #3 + Alternate
between Food #1 + 2

Day 8: repeat

Day 9: repeat

Day 10: Introduce Food #4 + Alternate
btw Food #1 +2+3

Day 11: repeat

Day 12: repeat

Day 13: Introduce Food #5 + Alternate
btw tolerated Foods

Day 14: repeat

Day 15: repeat

Day 16: Introduce Food #6 + Alternate
btw tolerated Foods

Day 17: repeat

Day 18: repeat

Day 19: Introduce Food #6 + Alternate
btw tolerated Foods

Day 20: repeat

Day 21: repeat

Day 22: Introduce Food #6 + Alternate
btw tolerated Foods

Day 23: repeat

Day 24: repeat

Day 25: Introduce Food #6 + Alternate
btw tolerated Foods

Day 26: repeat

Day 27: repeat

Day 28: Introduce Food #6 + Alternate
btw tolerated Foods

Day 29: repeat

Day 30: repeat

Great Foods to introduce first:

- Infant cereals such:
 - Oatmeal
 - Rice
 - Barley
- Acorn squash
- Asparagus
- Beets
- Butternut squash
- Carrots
- Cauliflower
- Cucumber (no seeds)
- Green beans
- Leeks
- Peas (pureed or smashed)
- Potatoes (all kind, no skin)
- Pumpkin (no seeds, no skin)
- Spinach (pureed only)
- Sweet potato (no skin)
- Yellow squash (no seeds, no skin)
- Zucchini (no seeds, no skin)
- Apples (no seeds, no skin)
- Apricots
- Avocado
- Banana
- Cantaloupe (no seeds)
- Honeydew melon (no seeds)
- Papaya
- Peaches
- Pears
- Plums
- Mango
- Strawberries
- Watermelon (no seeds)



Phase 2 Sitter

Focus:

- As your baby becomes more adept at eating solids and starts showing signs of readiness for more textured foods, you can begin to introduce mashed or finely chopped soft foods that do not necessarily need to be cooked.
- Begin offering 3 meals per day
- Include protein purees
- Option to offer two tolerated foods at once

Day 1: Introduce meal #3

Day 2: repeat

Day 3: repeat

Day 4: Introduce Protein #1

Day 5: repeat

Day 6: repeat

Day 7: Introduce Protein #2

Day 8: repeat

Day 9: repeat

Day 10: Introduce Protein #3

Day 11: repeat

Day 12: repeat

Day 13: Introduce Protein #4

Day 14: repeat

Day 15: repeat

Day 16: Introduce New Food

Day 17: repeat

Day 18: repeat

Day 19: Introduce New Food

Day 20: repeat

Day 21: repeat

Day 22: Introduce New Food

Day 23: repeat

Day 24: repeat

Day 25: Introduce New Food

Day 26: repeat

Day 27: repeat

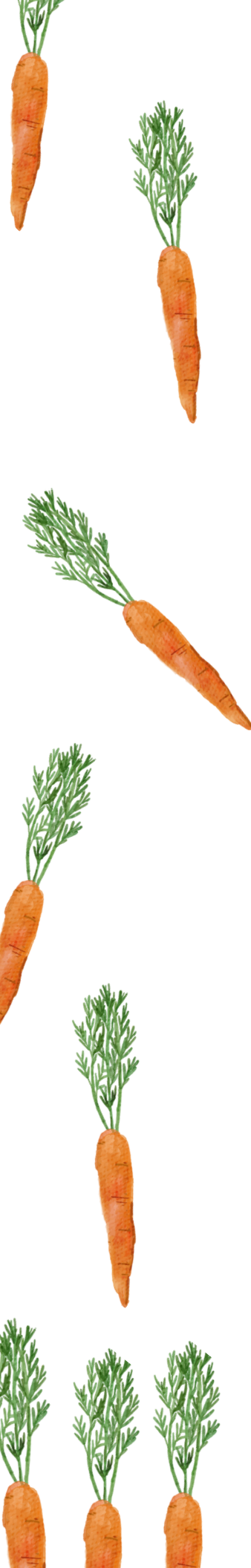
Day 28: Introduce New Food

Day 29: repeat

Day 30: repeat

Great Foods to introduce second:

- Infant cereals such:
 - Oatmeal
 - Rice
 - Barley
- Acorn squash
- Asparagus
- Beets
- Butternut squash
- Carrots
- Cauliflower
- Cucumber (no seeds)
- Green beans
- Leeks
- Peas (pureed or smashed)
- Potatoes (all kind, no skin)
- Pumpkin (no seeds, no skin)
- Spinach (pureed only)
- Sweet potato (no skin)
- Yellow squash (no seeds, no skin)
- Zucchini (no seeds, no skin)
- Apples (no seeds, no skin)
- Apricots
- Avocado
- Banana
- Cantaloupe (no seeds)
- Honeydew melon (no seeds)
- Papaya
- Peaches
- Pears
- Plums
- Mango
- Strawberries
- Watermelon (no seeds)
- Beef
- Chicken
- Cottage cheese
- Eggs
- Fish
- Pork
- Shellfish
- Turkey
- Yogurt
- Butter
- Olive Oil
- Sesame Oil
- Herbs:
 - Basil
 - Chives
 - Cilantro
 - Parsley
 - Oregano
 - Tarragon



Phase 3 Crawler

Focus:

- Continue with 3 meals per day
- Can begin to offer teething crackers, puffs, melties and pouches
- Continue to increase consistency of food
- Encourage a protein, vegetable and a fat at each meal
- Go with the flow of your baby
- Continue to introduce new foods
- Include a snack as needed

Read Labels very carefully.

- Shop from brands you trust, but always read labels.
- Always read the ingredients.
 - Strive for products with only a few ingredients.
 - Ensure you know each ingredient.
 - Avoid any added sugars or sweeteners.

My favorites are:

- Beech-Nut Apple & Pumpkin Melties (not their yogurt ones)
- Serenity Kids Food Pouches
- Serenity Kids Grain-Free Puffs
- Happy Baby jarred purees (flavor dependent)



Gerber Puffs Gerber Puffs Apple Cinnamon:

Rice Flour, Whole Wheat Flour, Wheat Starch, Cane Sugar, Whole Grain Oat Flour, Natural Apple Cinnamon Flavor (Includes Acetic Acid), Dried Apple Puree, Mixed Tocopherols (To Maintain Freshness), Purple Carrot And Red Cabbage Extract Colors, Sunflower Lecithin Vitamins And Minerals: Choline Bitartrate, Iron (Electrolytic), Vitamin E (Alpha Tocopheryl Acetate) Niacinamide (A B Vitamin), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B1 (Thiamine Hydrochloride).

HappyBaby Superfood Kale & Spinach :

Organic White Rice Flour, Organic Apple Juice Concentrate, Organic Brown Rice Flour, <2% Of: Organic Kale Powder, Organic Spinach Powder, Mixed Tocopherols (To Preserve Freshness), Vitamins And Minerals: Dicalcium Phosphate, Choline Bitartrate (Choline), Potassium Chloride, Calcium Carbonate, Sodium Ascorbate (Vitamin C), Ferric Pyrophosphate (Iron), DL-Alpha-Tocopheryl Acetate (Vitamin E), Cholecalciferol (Vitamin D3), Calcium D-Pantothenate (Pantothenic Acid (Vitamin B5)), Zinc Oxide, Niacinamide (Vitamin B3), Thiamine Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12).

Serenity Kids Pumpkin & Cinnamon Grain:

Cassava Flour*, Tapioca Starch*, (Derived From Cassava)*, Olive Oil*, Pumpkin Powder*, Sweet Potato Powder*, Carrot Powder*, Dicalcium Phosphate, Calcium Carbonate, Cinnamon*, Rosemary Extract*, Ginger*, Nutmeg*, Clove*.



Sample Menus

Phase 3: Crawler

Menu 1

Breakfast:

- Protein: Scrambled egg
- Vegetable: Steamed broccoli florets
- Fruit: Mashed banana
- Grain: Whole grain toast in pieces
- Fat: Mashed avocado spread on toast

Lunch:

- Protein: Mashed lentils
- Vegetable: Pureed carrots
- Fruit: Diced softened and peeled apples
- Grain: Cooked quinoa
- Fat: Drizzle of olive oil mixed with quinoa

Dinner:

- Protein: Baked chicken strips
- Vegetable: Steamed green beans
- Fruit: Pureed mango
- Grain: Brown rice
- Fat: Drizzle of olive oil mixed with rice

Menu 2

Breakfast:

- Protein: Greek yogurt
- Vegetable: Steamed, peeled and deseeded cucumber
- Fruit: Mashed blueberries
- Grain: Infant cereal
- Fat: Peanut butter

Lunch:

- Protein: Mashed chickpeas
- Vegetable: Pureed sweet potato
- Fruit: Sliced and softened strawberries
- Grain: Pasta cut in small pieces
- Fat: Drizzle of olive oil on pasta

Dinner:

- Protein: Turkey meatballs
- Vegetable: Steamed broccoli
- Fruit: Mashed pear
- Grain: Brown rice
- Fat: Mashed Avocado and Drizzle of olive oil mixed with rice

Great Foods to introduce third (but not restricted to):

- Bread
- Infant cereals such:
 - Oatmeal
 - Rice
 - Barley
- Pasta
- Rice
- Acorn squash
- Asparagus
- Beets
- Butternut squash
- Carrots
- Cauliflower
- Cucumber (no seeds)
- Green beans
- Leeks
- Peas (pureed or smashed)
- Potatoes (all kind, no skin)
- Pumpkin (no seeds, no skin)
- Spinach (pureed only)
- Sweet potato (no skin)
- Yellow squash (no seeds, no skin)
- Zucchini (no seeds, no skin)
- Apples (no seeds, no skin)
- Apricots
- Avocado
- Banana
- Berries (mashed)
- Cantaloupe (no seeds)
- Citrus
- Honeydew melon (no seeds)
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Mango
- Strawberries
- Watermelon (no seeds)
- Beef
- Chicken
- Cottage Cheese
- Cheese
- Eggs
- Fish
- Pork
- Shellfish
- Tofu
- Turkey
- Yogurt
- Butter
- Olive Oil
- Sesame Oil
- Herbs:
 - Basil
 - Chives
 - Cilantro
 - Parsley
 - Oregano
 - Tarragon
- Nut butters (with caution)



Phase 4 Toddler

Focus:

- Offer 3 balanced meals per day (protein, fats and carbs)
- Include 2-3 snacks per day
- Begin to offer cow's milk as advised by your pediatrician

How to deal with picky eaters:

- Sneak veggies and fruit into:
 - Meatballs/meatloafs/meat sauces
 - Homemade nuggets
 - Sauces
 - Mashed potatoes
 - Smoothies
 - Try a different cooking method
 - Pair foods with foods he/she likes
- Be patient:
 - Some days they will be pickier than others. Go with their flow.
 - Eat together.
 - It can take up to 10-15 attempts of trying a new food to like it.
 - Continue to offer, even if there is no interest.
- Give the food some pizzazz:
 - Sprinkle lemon juice on it
 - Add chopped herbs or non-sodium seasonings
- Set the example. If they watch you try foods you may not like and eat a diverse diet, they will follow.

Sample Menus

Phase 4: Toddler

Menu 1

Breakfast:

- Protein: Scrambled eggs with cottage cheese
- Vegetable: add bell peppers to eggs
- Fruit: Banana slices
- Grain: Whole grain toast in pieces
- Fat: Mashed avocado spread on toast

Lunch:

- Protein: Chicken strips
- Vegetable: Steamed carrots
- Fruit: Apple slices
- Grain: Cooked quinoa
- Fat: Drizzle of olive oil mixed with quinoa

Dinner:

- Protein: Baked salmon fillet
- Vegetable: Roasted sweet potato cubes
- Fruit: Grapes cut in quarters/half
- Grain: Brown rice
- Fat: Mashed Avocado and Drizzle of olive oil mixed with rice

Menu 2

Breakfast:

- Protein: Cottage Cheese
- Vegetable: half/quartered cherry tomatoes
- Fruit: cubed pineapple
- Grain: slice of Bread
- Fat: avocado mashed on bread

Lunch:

- Protein: Tofu, cubed
- Vegetable: Butternut squash cubes + mashed peas
- Fruit: Watermelon slices
- Grain: Brown rice
- Fat: Drizzle of olive oil on rice

Dinner:

- Protein: Beef meatballs in tomato sauce
- Vegetable: Steamed zucchini
- Fruit: Mango chunks
- Grain: Pasta cut up
- Fat: Drizzle of olive oil mixed with rice

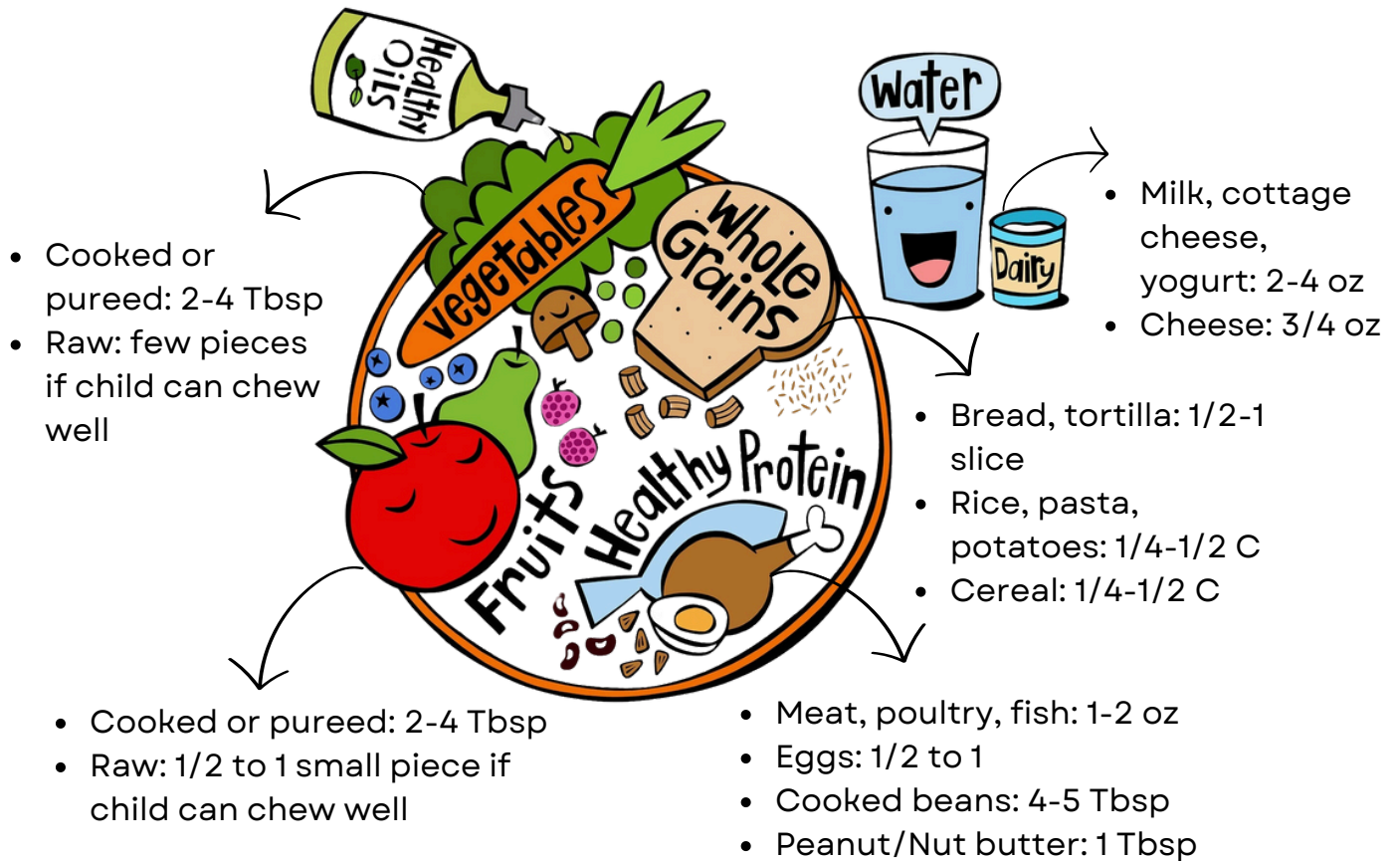
Great Foods to offer (but not restricted to):

- Bread
- Cheerios
- Infant cereals such:
 - Oatmeal
 - Rice
 - Barley
- Melties
- Pasta
- Rice
- Teething Crackers
- Acorn squash
- Asparagus
- Beets
- Butternut squash
- Carrots
- Cauliflower
- Cucumber (no seeds)
- Green beans
- Leeks
- Peas (pureed or smashed)
- Potatoes (all kind, no skin)
- Pumpkin (no seeds, no skin)
- Spinach (pureed only)
- Sweet potato (no skin)
- Yellow squash (no seeds, no skin)
- Zucchini (no seeds, no skin)
- Apples (no seeds, no skin)
- Apricots
- Avocado
- Banana
- Berries (mashed)
- Cantaloupe (no seeds)
- Citrus
- Honeydew melon (no seeds)
- Papaya
- Peaches
- Pears
- Pineapple
- Plums
- Mango
- Strawberries
- Watermelon (no seeds)
- Beef
- Chicken
- Cheese
- Cottage Cheese
- Eggs
- Fish
- Milk
- Pork
- Shellfish
- Tofu
- Turkey
- Yogurt
- Butter
- Olive Oil
- Sesame Oil
- Herbs:
 - Basil
 - Chives
 - Cilantro
 - Parsley
 - Oregano
 - Tarragon
- Nut butters (with caution)



Healthy Eating - A Lifestyle

Healthy Eating Plate with portion sizes for 1-3 year olds



- Once your child can eat foods in combination, begin building out meals.
- Simply choose a food from each category.
 - These can be pureed together, offered separately or any combination of choice
- Include water and milk throughout the day.

Quick and Healthy Meals

- Quick and healthy meals are simple in nature and start with grocery shopping. Weekly, choose:
 - 2-3 types of fruit
 - 4-6 types of vegetables
 - 3-4 types of protein (have one be a dairy source)
 - 2-3 types of grains
- Shop the frozen section (always read the labels)
 - Frozen foods can be more nutritious than the fresh ones in the grocery store due to being harvested at their peak ripeness
 - You can find cubed sweet potatoes, butternut squash, bell peppers, broccoli, stir-fry mixes, rice, potatoes, pre-cooked shrimp
- Keep the pantry stocked with:
 - Bread, beans, tortilla, pouches, bananas, apple sauce
- Maintain the following in your fridge:
 - variety of fruit and veggies
 - Cottage cheese, yogurt, milk
 - Poultry, meat, fish (can always be frozen after purchase)
- Invest in some gadgets:
 - Baby food maker with a Steam and Blend setting
 - I used Bear Baby food Maker Baby food Processor
 - Food Processor
 - Immersion Blender
 - Crockpot/Instapot
 - Airfryer
 - Mini-muffin pan
- Freeze leftovers that will go uneaten for future quick meals
- Make your life easier and serve your child whatever you will be eating (or eat whatever your baby is eating).
 - To avoid excess salt, salt your food after serving the baby



My Quick Meal:

- In the Baby Food Maker: Frozen sweet potatoes, frozen broccoli, small pieces of chicken/fish/pre-cooked shrimp/ground meat
- Serve with a piece of bread and fruit

Vegetables (fresh or frozen)	Fruit (fresh or frozen)	Protein	Nuts & Seeds	Beverages			
<ul style="list-style-type: none"> • Artichokes • Asparagus • Beets • Brussel sprouts • Cabbage • Carrots • Cauliflower • Celery • Collard greens • Cucumbers • Fennel • Garlic • Green beans • Green onions • Jicama • Kale • Leeks • Lettuce • Mushrooms • Onions • Parsnips • Peas • Peppers • Potatoes • Pumpkin • Radishes • Rutabagas • Shallots • Spinach • Squash • Sweet Potatoes • Tomatoes • Turnips • Zucchini 	<ul style="list-style-type: none"> • Apple • Apricots • Bananas • Blackberries • Blueberries • Cherries • Cantaloupe • Coconut • Figs • Grapes • Honeydew • Melon • Kiwi • Lemons • Limes • Nectarines • Papaya • Peaches • Pears • Persimmons • Raspberries • Plums • Prunes • Rhubarb • Strawberries • Tangerines • Watermelon 	<p><u>Meat</u></p> <ul style="list-style-type: none"> • Beef/Bison • Chicken • Duck • Lamb • Pork • Turkey • Wild game meat <p><u>Seafood</u> (choose low in mercury)</p> <ul style="list-style-type: none"> • Butterfish • Catfish • Clam • Cod • Crab • Crawfish • Flounder • Grouper • Haddock • Halibut • Herring • Lobster • Mahi Mahi • Mackerel • Monkfish • Mullet • Pollock • Sablefish • Salmon • Sardine • Scallop • Sea bass • Shrimp • Squid • Snapper • Striped bass • Tilefish • Trout • Tuna, albacore/ yellowfin • Whitefish • Whiting 	<ul style="list-style-type: none"> • Almonds • Brazil nuts • Cashews • Chia seeds • Flaxseeds • Macademia nuts • Pecans • Pistachios • Pumpkin seeds • Sesame seeds • Walnuts <p>USE WITH CAUTION</p>	<ul style="list-style-type: none"> • Water • Milk • Fresh pressed juices 			
						<p>Fats & Oils</p> <ul style="list-style-type: none"> • Almond oil • Avocado • Avocado oil • Butter • Coconut • Coconut oil • Extra virgin olive oil • Flaxseed oil • Ghee • Hempseed oil • Macademia oil • Olives • Red palm oil • Sesame oil 	<p>Spices & Condiments (no sugar added)</p> <ul style="list-style-type: none"> • Any spices that are low or have no salt • Pesto • Cocoa • Fresh herbs • Mustard • Pepper • Vinegars
				<p>Grains</p> <ul style="list-style-type: none"> • Almond flour • Amaranth • Basmati • Barley • Black beans • Brown rice • Buckwheat • Coconut flour • Flaxseed • Millet • Oats • Quinoa • Rye • Wild Rice • Wheat 		<p>Dairy & Substitutes (unsweetened only)</p> <ul style="list-style-type: none"> • Almond milk/ yogurt • Coconut milk/ yogurt • Milk, yogurt, cottage cheese • Other nut + seed milk/yogurt 	
<p>Legumes (not limited to)</p> <ul style="list-style-type: none"> • Black beans • Chickpeas • Fava beans • Green peas • Kidney beans • Lentils • Lima beans • Pinto beans • White beans 							

Recipes

Chicken Nuggets with Hidden Veggies

Ingredients:

- 1 cup cooked chicken breast, shredded
- 1/2 cup cooked and mashed sweet potato
- 1/4 cup finely grated zucchini
- 1/4 cup breadcrumbs
- 1 egg, beaten
- Cooking spray

Instructions:

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a bowl, mix together the shredded chicken, mashed sweet potato, grated zucchini, breadcrumbs, beaten egg, salt, and pepper until well combined.
3. Shape the mixture into small nugget shapes and place them on the prepared baking sheet.
4. Lightly spray the nuggets with cooking spray.
5. Bake for 15-20 minutes or until golden brown and cooked through.

Hidden Veggies Meatballs

Ingredients:

- 1 cup ground beef or turkey
- 1/2 cup grated carrot
- 1/2 cup grated yellow squash
- 1/4 cup breadcrumbs
- 1 egg, beaten
- 1/2 tsp dried parsley
- 1/2 teaspoon garlic powder
- Olive oil for cooking

Instructions:

1. Preheat oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. In a large bowl, combine ground meat, grated carrot, grated zucchini, breadcrumbs, beaten egg, garlic powder, salt, and pepper.
3. Roll the mixture into small meatballs and place them on the prepared baking sheet.
4. Drizzle the meatballs with olive oil.
5. Bake for 20-25 minutes or until cooked through and golden brown.

Veggie Egg Bites

Ingredients:

- 4 eggs
- 1/4 cup milk
- 1/4 cup chopped spinach
- 1/4 cup diced bell peppers
- Cooking spray

Instructions:

1. Preheat oven to 375°F (190°C) and grease a muffin tin with cooking spray.
2. In a bowl, whisk together eggs, milk, chopped spinach, diced bell peppers, salt, and pepper.
3. Pour the egg mixture into each muffin cup, filling them about 3/4 full.
4. Bake for 15-20 minutes or until the egg bites are set and slightly golden on top.
5. Allow to cool slightly before serving. These can be stored in the refrigerator for a few days.

Simple Banana Blueberry Oat Muffins:

Ingredients:

- 2 ripe bananas, mashed
- 1/2 cup quick oats
- 1/2 cup blueberries (fresh or frozen)
- 1 egg
- 1/2 teaspoon baking powder
- Optional: A pinch of cinnamon for flavor

Instructions:

1. Preheat oven to 350°F (175°C) and grease a muffin tin or line with paper liners.
2. In a bowl, combine mashed bananas, quick oats, blueberries, egg, baking powder, and cinnamon (if using). Mix until well combined.
3. Spoon the batter into the muffin cups, filling each about 3/4 full.
4. Bake for 15-18 minutes or until a toothpick inserted into the center comes out clean.
5. Allow muffins to cool in the pan for a few minutes before transferring to a wire rack to cool completely.

Banana Blueberry Oatmeal Cookies

Ingredients:

- 1 cup old-fashioned oats
- 1 ripe banana, mashed
- 1/4 cup unsweetened applesauce
- 1/4 teaspoon cinnamon (optional for flavor)
- 1/4 cup fresh blueberries

Instructions:

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine mashed banana and unsweetened applesauce.
3. Stir in old-fashioned oats and cinnamon (if using) until well combined.
4. Gently fold in fresh blueberries, being careful not to crush them.
5. Using a spoon or cookie scoop, drop small portions of the cookie dough onto the prepared baking sheet, spacing them apart.
6. Use the back of the spoon or your fingers to gently flatten each cookie slightly.
7. Bake for 12-15 minutes, or until the cookies are lightly golden brown around the edges.
8. Allow the cookies to cool on the baking sheet for a few minutes before transferring them to a wire rack to cool completely.

Veggie and Fish Sticks

Ingredients:

- 1 lb white fish fillets (such as cod or haddock), cut into strips
- 1/2 cup breadcrumbs
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup finely grated carrot
- 1/4 cup finely grated zucchini
- 1/4 cup finely chopped spinach
- 1 egg, beaten
- Cooking spray or olive oil for baking

Instructions:

1. Preheat oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a shallow dish, combine breadcrumbs, Parmesan cheese (if using), grated carrot, grated zucchini, chopped spinach, salt, and pepper.
3. Dip each fish strip into the beaten egg, then coat it evenly with the breadcrumb mixture.
4. Place the coated fish strips on the prepared baking sheet.
5. Lightly spray the fish sticks with cooking spray or drizzle with olive oil.
6. Bake for 12-15 minutes, or until the fish is cooked through and the coating is golden brown and crispy.