



A day in your Sitter's diet

Morning feeding

- 4 fl. oz. breastmilk or [Stage 1 Gerber® Good Start® Gentle formula](#)

Breakfast

- 4 fl. oz. breastmilk or [Stage 1 Gerber® Good Start® Gentle formula](#)
- 4 tbsp. [Gerber® Single Grain Cereal—Whole Wheat](#)
- 2 tbsp. [Gerber Organic 2nd Foods® Apple Blackberry](#)

Mid-morning snack

- 4 fl. oz. breastmilk or [Stage 1 Gerber® Good Start® Gentle formula](#)

Lunch

- 4 fl. oz. breastmilk or [Stage 1 Gerber® Good Start® Gentle formula](#)
- 2 tbsp. [2nd Foods® Macaroni & Cheese with Vegetables](#)

- 2 tbsp. [Organic 2nd Foods® Banana Mango](#)

Afternoon snack

- 4 fl. oz. breastmilk or [Stage 1 Gerber® Good Start® Gentle formula](#)
- ½ pouch [Organic 2nd Foods® Apple Blackberry](#)

Dinner

- 4 fl. oz. breastmilk or [Stage 1 Gerber® Good Start® Gentle formula](#)
- 4 tbsp. [Gerber® Single Grain Cereal—Whole Wheat](#)
- 2 tbsp. [2nd Foods® Peas](#)
- 1 tbsp. [2nd Foods® Beef & Beef Gravy](#)

Evening feeding

- 4 fl. oz. breastmilk or [Stage 1 Gerber® Good Start® Gentle formula](#)

For more daily and weekly ideas for your baby visit our [Menu Planner](#).