

mumi&bubi™

# 6 WEEK FOOD JOURNAL



Starting Solids  
with the  
Solids Starter Kit™



## Introduction

Starting solids is an exciting time for you and your baby. It's a whole new world! The food you feed your baby now will influence his future health & well-being and form the foundation of good eating habits for his lifetime.

Healthy, home-made food is best for your baby.  
Just like it is for you.

mumi&bubi know just how busy parents are today and we have created the Solids Starter Kit to make home-made baby food easy. The unique design of our BPA-free baby food freezing trays allows you to freeze and store up to 1.2L of baby food in only 2 compact trays with lids, saving you precious time in the kitchen and saving space in your freezer.

The mumi&bubi Starting Solids Journal will help you to keep track of your baby's progress as they discover their first foods.

### 4 Day Rule

Following the "4 Day Rule", your baby will have 2 new foods every week. With our weekly charts, you can see your baby's progress at a glance and make note of their likes and dislikes to their new food tastes and textures. Should your baby experience any trouble along the way, keeping good notes will allow you to look back and easily determine the foods that may be causing reactions due to intolerances or allergies.

If you have any concerns or questions about starting solids or introducing any new food to your baby, please consult your family doctor or local health practitioner.

# starting SOLIDS week 1



breakfast

Lunch

Dinner

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Thoughts on week 1

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# starting SOLIDS week 2



breakfast

Lunch

Dinner

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Thoughts on week 2

# starting SOLIDS week 3



breakfast

Lunch

Dinner

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Thoughts on week 3

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# starting SOLIDS week 4



breakfast

Lunch

Dinner

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Thoughts on week 4

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# starting SOLIDS week 5



breakfast

Lunch

Dinner

Notes

Monday

Tuesday

wednesday

Thursday

Friday

Saturday

Sunday



Thoughts on week 5

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# starting SOLIDS week 6



breakfast

Lunch

Dinner

Notes

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



Thoughts on week 6

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# mumi&bubi™



## At last!

The Solids Starter Kit™ makes it truly easy to freeze and store big batches of healthy, home-made baby puree and food for older babies. These unique freezing trays are Mum-designed to help you keep up with your baby's growing appetite.

Each Solids Starter Kit™ Includes:

🌿 2 premium baby food freezing trays with lids (42 cubes for maximum storage)

🌿 step-by-step e-guide with 27 recipes to get you started

**Save time** when you can freeze up to 42 cubes or 1.2L at once.

**Save space** in your freezer with our unique stackable design.

**Snug fit** - trays and lids lock on eliminating spills, contamination and freezer burn.

**Easy-out cubes** - simply press on one end of the cube and it will slide out the other end.

Available in Australia at all Toys R Us stores.



Stack compactly - only 7.5cm high!

## mumi&bubi recipe e-guide

To get started making healthy home-made baby food, download your free recipe e-guide with 27 recipes today at [www.mumiandbubi.com.au](http://www.mumiandbubi.com.au)