

IRON-RICH MEAL PLAN

Meat is hands down the most valuable source for nutrients that your baby needs. Namely, meaty minerals like iron and zinc. Vitamin D. And long-chain omega 3s - you might know these fats as DHA and EPA.

These nutrients - iron, zinc, vitamin D, and DHA - matter because they support the development of your baby's brain and immune system. And once your baby moves into childhood, you can't really go back and correct low levels or missing nutrients. The "damage" may be small and hardly noticeable, but there's plenty of science to confirm that something like iron deficiency anemia during babyhood does affect mental and emotional fortitude later on.

A lot of my baby recipes use dulse flakes instead of salt, because dulse is a seaweed rich in trace minerals and wee bits of sodium. I also tend to use allspice instead of pepper - it's a little kinder to your baby's palate, gives just the right amount of spice, and works to soothe any digestive problems that may pop up.

Regarding fat in my recipes...So many of us grew up in a low-fat, non-fat culture that the current exoneration of saturated fat is a little weird. As it turns out, saturated fat is not a Big Bad lurking in eggs and bacon. It's not really that bad at all. That said, I gravitate towards these fats when cooking for baby:

- Duck fat - A good source of choline and vitamin K2 when from it's sourced well-raised or wild ducks.
- Lard - One of the few foods that contains vitamin D when sourced from happy, pastured raised pigs.
- Coconut oil - A safe cooking fat for high heat, it's brain fuel and (usually) hypoallergenic.

MEAL PLAN

monday

- Liver Pate

tuesday

- Bone Marrow Fritter
- Dusted Avocado Slices

wednesday

- Lamb Chops
- Dusted Avocado Slices

thursday

- Roasted Squash + Beef Puree

friday

- Lamb Chops
- Dusted Avocado Slices

SHOPPING LIST

produce

- avocados - 3
- banana - 1
- butternut squash - 1 cup
- fresh thyme - 6 sprigs
- green apple - 1

meat and seafood

- marrow bones - 3 lbs
- ground beef - 1/2 pound
- lamb chops - 2
- liver - 1/2 pound

eggs and dairy

- raw cream - 2 tablespoons

spices

- dulse flakes
- ground allspice

vinegar and oils

- coconut oil
- duck fat
- lard

supplements

- Camu camu powder -
3 teaspoons

BRANDS + EQUIPMENT

fat

- Epic Cage Free [duck fat](#)
- Epic [pork fat](#)
- Fatworks [duck fat](#)
- Fatworks [pure lard](#)

pantry

- Maine Coast Sea Seasoning [dulse granules](#)
- Anthony's Goods [cassava flour](#)
- Pure Synergy [natural vitamin C](#)

feeding

- Avanchy [divided plate and spoon](#)
- Bumpkins Nixi [waterproof sleeved bib](#)
- Modern Twist [bucket bib](#)
- Wee Sprout [silicone baby food tray](#)

LIVER PATE

ingredients

- 1/2 pound liver, clean out sinewy bits and cut into cubes
- 1 green apple, peeled and sliced – if constipation is an issue use pear
- 1/2 teaspoon ground allspice
- 4 sprigs fresh thyme, leaves only
- 4 tablespoons coconut oil
- 2 tablespoons raw cream, or bone broth

instructions

1. Place 2 tablespoons of ghee or coconut oil into a pan on medium heat. Sprinkle apples with allspice and cook until soft.
2. Add liver, thyme, and 2 more tablespoons of ghee to the pan. Cook until liver is pink inside and no longer raw.
3. Pour everything into a blender.
4. Deglaze the pan with 2 tablespoon of raw cream, bone broth, or breast milk.
5. Add to blender, along with liver and apples. Blend until smooth.
- 6 Store in small jars or freeze in a silicone tray and store for up until 6 months, until ready for use.

recipe source

<http://megangarcia.com/liver-pate-recipe-for-baby/>

WHIPPED BONE MARROW “BUTTER”

ingredients

- 3 lbs beef femur bones, long cut

instructions

1. Place marrow bones, marrow side-up, on a roasting sheet. Line with tinfoil or use a silicone baking mat. Heat oven to 425F.
2. Roast for 25 minutes.
3. After the bones have cooled, scoop the marrow out and into a bowl. Place it in the refrigerator.
4. Once the marrow is cool, place it in a bowl and use a mixer with a whisk attachment to whip until white and fluffy, like whipped butter.
5. Whipped marrow will last 3 weeks in the fridge and 6 months in the freezer.

recipe source

<http://megangarcia.com/bone-marrow-recipes-for-baby-6-months/>

BONE MARROW FRITTER

ingredients

- 3 tablespoons cassava flour
- 1 tablespoon whipped bone marrow “butter”
- 1 very ripe banana

instructions

1. Make a quick batter by mashing ingredients with a fork.
2. Heat a pan (I used a well seasoned cast iron pan) over a medium-low heat. When hot, add enough fat to cover the bottom of the pan and reduce heat to low. Choose a heat stable fat, such as coconut oil, ghee, tallow, or lard.
3. Form the batter into patties and carefully place into the hot skillet. The recipe above makes three fritters.
4. Cook until the bottoms are browned and the fritters have set, around four minutes. They should feel firm to the touch.
5. Remove from pan and cool on a wire rack.
6. You can easily double or triple the recipe to make a freezable batch of fritters. To freeze, layer parchment paper between each one and store in an air-tight container for up to six months.

recipe source

<http://megangarcia.com/banana-fritters-recipe-for-baby-6-months/>

DUSTED AVO SLICES

ingredients

- 1 avocado
- 1 teaspoon camu camu powder, I like [Pure Radiance C](#)

instructions

1. When storing avocados, keep in the refrigerator to stop ripening.
2. When ready to use, keep avocado on countertop for one to two days.
3. Peel, pit, and slice avocados.
4. Dust with spirulina or camu camu powder to make avocado slices easier for baby to hold.
5. Store sliced, unused avocado in an airtight container with 1/4 red onion.

ROASTED SQUASH + BEEF

PUREE

ingredients

- 1 cup butternut squash, roasted
- 1/2 pound ground beef, pasture raised
- 1 tablespoon lard
- 1 teaspoon dulse flakes
- 2 sprigs fresh thyme

instructions

1. Heat oven to 400F and line a baking sheet with parchment paper.
2. To roast squash, simply cut in half and place face down on baking sheet. Leave seeds in, you can scoop them out later when squash has cooked.
3. Place squash halves in oven and roast for 30 - 45 minutes, depending on size of the squash. When it's done, you can easily pierce with a fork.
4. While squash cooks, place beef in a pan and sprinkle with dulse flakes and thyme. Brown until cooked through. Place in bowl with rendered fat and set aside.
5. To make puree, place roasted squash, browned beef, and lard in medium bowl. Use an immersion blender to blend.
6. Puree will be thick and lumpy. If you wish, you can modify consistency by adding bone broth or water. Freeze leftovers into one ounce portions.

LAMB CHOPS FOR BABY

ingredients

- 2 lamb chops
- dulse flakes, to taste
- ground allspice, to taste

instructions

1. Sprinkle both sides of the chops with dulse flakes and allspice.
2. Allow meat to sit out, covered, for half an hour - this allows it to cook more evenly.
3. Move the rack in the oven to the top or second from top slot so the meat will be about 2 inches from the element. Preheat the oven to broil on high.
4. Place meat on a broiler-proof pan or cookie sheet. When oven is preheated, broil 5 - 7 minutes on each side.
5. Refrigerate in an airtight container for up to three days and reheat when ready to offer again.