

Stage 2 Foods – Sitter

Vegetables	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction
Broccoli						
Corn						
Kale						
Potato						
Spinach						

Fruits	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction
Avocado						
Blueberries						
Oranges						
Pineapple						
Raspberries						
Strawberries						

Grains	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction
Barley						
Brown Rice						
Granola						
Oatmeal						
Quinoa						

Protein	Day 1	Reaction	Day 2	Reaction	Day 3	Reaction
Beans						
Beef						
Chicken						
Chickpeas						
Eggs						
Fish						
Turkey						