



# Louenna's 100 Tastes Before One Challenge

Baby's Name:

## Vegetables

- 1 Carrot
- 2 Sweet Potato
- 3 Courgette
- 4 Parsnip
- 5 Cauliflower
- 6 Pea
- 7 Potato
- 8 Onion
- 9 Pumpkin
- 10 Spinach
- 11 Kale
- 12 Butternut Squash
- 13 Leek
- 14 Asparagus
- 15 Brussel Sprouts
- 16 Cabbage
- 17 Cucumber
- 18 Green Beans
- 19 Peppers
- 20 Beetroot
- 21 Sweetcorn
- 22 Celery
- 23 Mushroom
- 24 Broccoli

## Fruit

- 25 Apple
- 26 Pear
- 27 Banana
- 28 Avocado
- 29 Apricot
- 30 Blueberry
- 31 Raspberry
- 32 Coconut
- 33 Strawberry
- 34 Tomato
- 35 Orange
- 36 Mango
- 37 Lime
- 38 Lemon
- 39 Grapefruit
- 40 Pineapple
- 41 Blackberry
- 42 Plum
- 43 Rhubarb
- 44 Kiwi
- 45 Peach
- 46 Grape
- 47 Papaya
- 48 Prune
- 49 Watermelon

## Spices

- 50 Basil
- 51 Garlic
- 52 Mint
- 53 Rosemary
- 54 Thyme
- 55 Cinnamon
- 56 Dill
- 57 Cumin
- 58 Turmeric
- 59 Paprika
- 60 Nutmeg
- 61 Ginger

## Protein

- 62 Chicken
- 63 Turkey
- 64 Beef
- 65 Puy Lentils
- 66 Beluga Lentils
- 67 Red Lentils
- 68 Chickpea
- 69 Kidney Bean
- 70 Pork
- 71 Salmon
- 72 Cod
- 73 Lamb
- 74 Tuna
- 75 Haddock

## Grains & Seeds

- 76 Pasta
- 77 Rice
- 78 Couscous
- 79 Chia Seed
- 80 Oats
- 81 Quinoa
- 82 Bread
- 83 Bulgur Wheat
- 84 Flaxseed
- 85 Poppy Seeds

## Dairy Alternatives

- 86 Vegan Cheddar
- 87 Vegan Butter
- 88 Oat Milk
- 89 Vegan Cream Cheese
- 90 Coconut Yoghurt
- 91 Vegan Mozzarella
- 92 Vegan Parmesan
- 93 Almond Milk

## Allergens

- 94 Peanut
- 95 Sesame
- 96 Wheat
- 97 Cashew Nuts
- 98 Pine Nuts
- 99 Almonds
- 100 Egg

Please note that these foods don't need to be tasted in numerical order and can be part of a meal rather than tasted on their own. For all my weaning advice and day by day plans, visit the weaning chapter on the Louenna app.

