



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 Celeriac
- 18 Green Beans
- 19 Peppers
- 20 Beetroot
- 21 Sweetcorn
- 22 Celery
- 23 Mushroom

Fruit

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

Spices

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

Protein

- 63 Chicken
- 64 Turkey
- 65 Beef
- 66 Lentil
- 67 Chickpea
- 68 Kidney Bean
- 69 Pork
- 70 Salmon
- 71 Cod
- 72 Black Bean
- 73 Tuna
- 74 Haddock
- 75 Soya
- 76 Bass

Grains

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

Dairy

- 86 Cheddar Cheese
- 87 Butter
- 88 Milk
- 89 Goats Cheese
- 90 Cottage Cheese
- 91 Yoghurt
- 92 Mozzarella
- 93 Parmesan
- 94 Cream Cheese
- 95 Ricotta

Allergens

- 96 Peanut
- 97 Sesame
- 98 Wheat
- 99 Soy
- 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.

