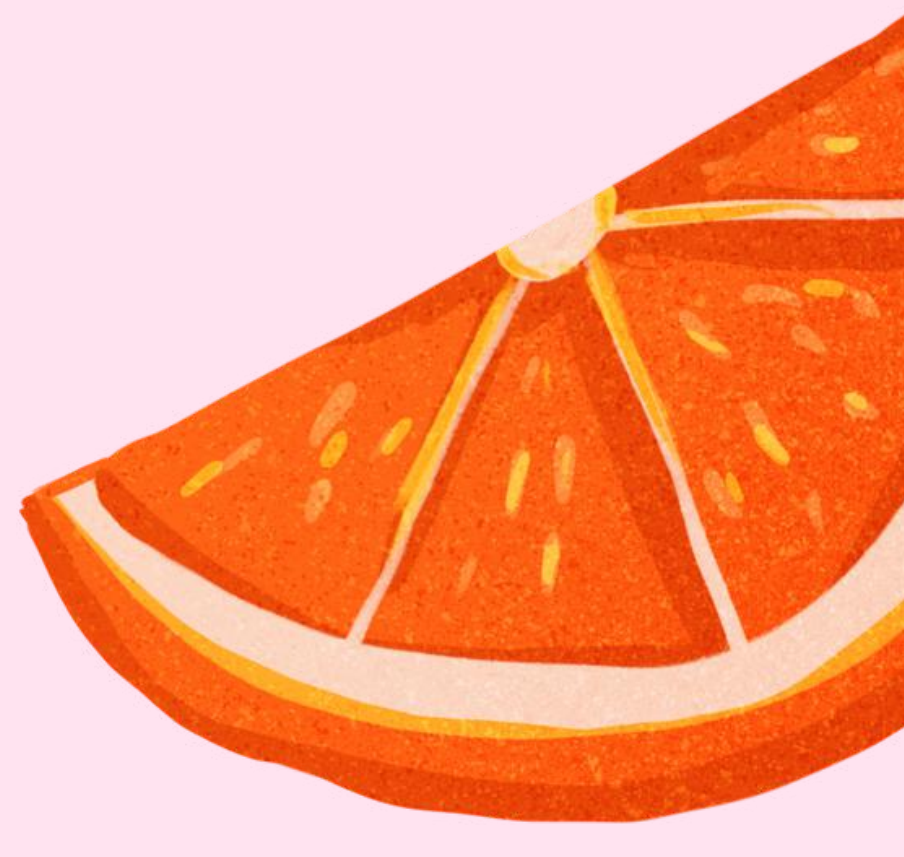
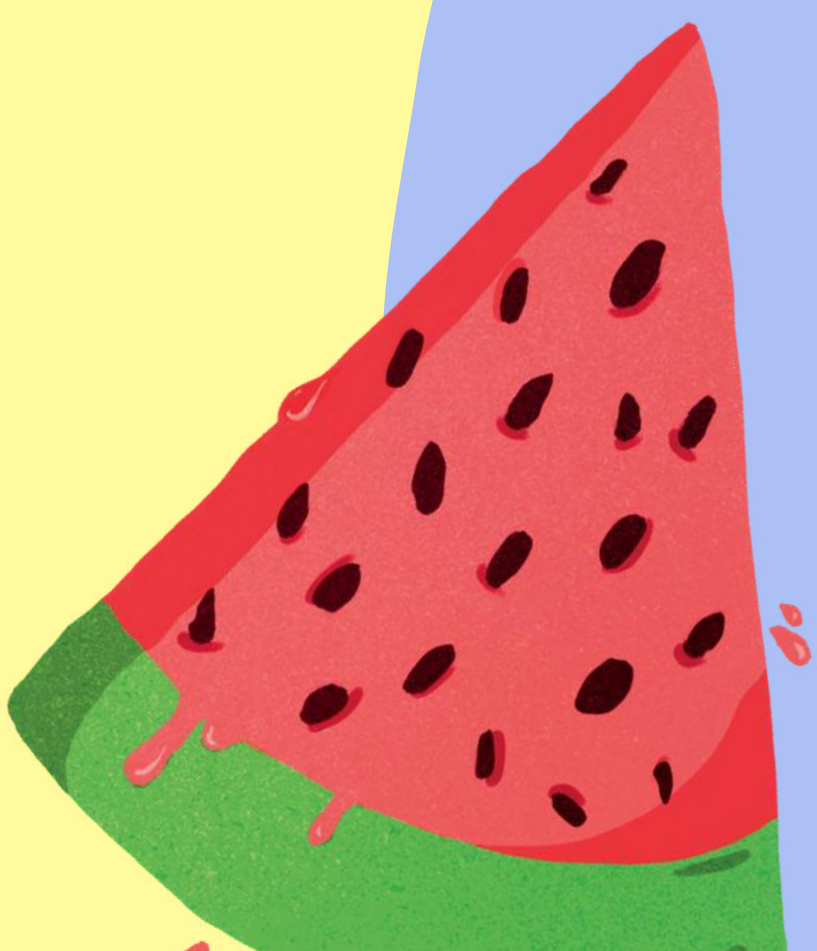


**THE CATCHY**

**GUIDE TO HAPPY**

**MEALTIMES**

By experts. For parents.



# C NTENTS

**1.**

**First Food Tracker**  
(Download & Print)

**2.**

**Expert Feeding Tips**  
(For your fussy little humans)

**3.**

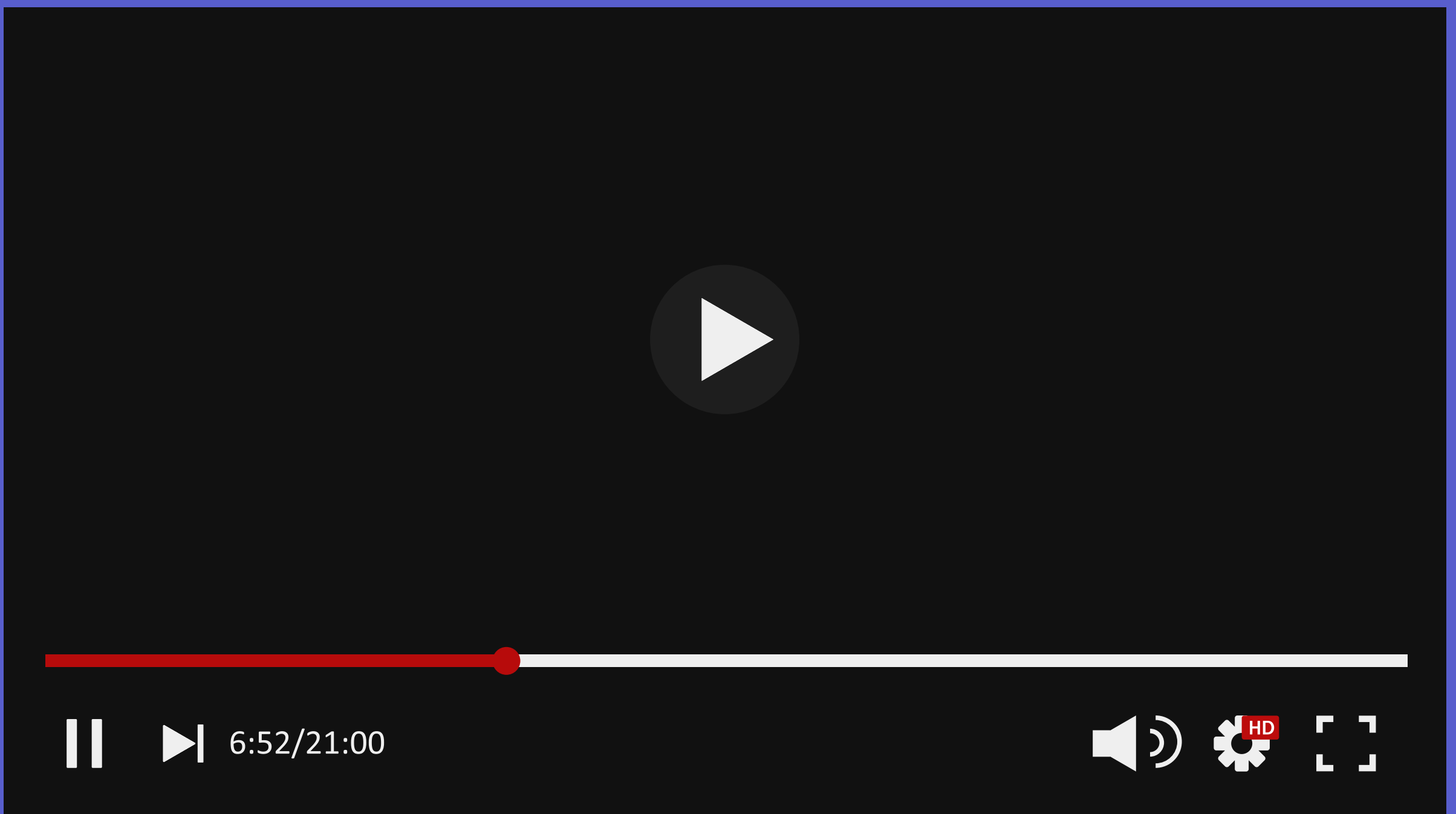
**Our Favourite Recipes**  
(With step-by-step videos)

**4.**

**Everything You Need**  
(...For mealtime success!)

# ...BUT FIRST

Meet Dr. Rachel.  
A clinical psychologist,  
Catchy co-founder & Mum.





# MY FIRST 100 FOODS

## Fruits

- Apple
- Apricot
- Avocado
- Banana
- Blueberry
- Cherry
- Coconut
- Fig
- Grapes
- Guava
- Kiwi
- Lemon
- Lime
- Mandarin
- Mango
- Melon
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Raspberry
- Strawberry
- Watermelon

## Grains

- Barley
- Bread
- Cornmeal/  
Polenta
- Couscous
- Millet
- Oats
- Pasta
- Quinoa

## Veggies

- Asparagus
- Aubergine/  
Eggplant
- Beetroot
- Bell Pepper/  
Capsicum
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrot
- Cauliflower
- Cucumber
- Corn
- Green Beans
- Kale
- Peas
- Pumpkin
- Sweet Potato
- Tomato
- Zucchini

## Dairy

- Butter
- Cheese
- Nut Butters
- Yoghurt

## Allergens

- Cows Milk
- Eggs
- Fish
- Peanuts
- Sesame
- Shellfish
- Soy
- Tree Nuts
- Wheat

## Protein

- Beef
- Beans
- Chia Seeds
- Chicken
- Chickpeas
- Cod
- Eggs
- Lamb
- Lentils
- Liver
- Pork
- Salmon
- Sardines
- Tembeh
- Tofu
- Turkey

catchy

## Flavours

- Basil
- Cilantro/  
Coriander
- Cinnamon
- Coconut Oil
- Cumin
- Garlic
- Ginger
- Mint
- Nutmeg
- Olive Oil
- Oregano
- Paprika
- Parsley
- Rosemary
- Thyme
- Turmeric

# EXPERT TIPS!

Dealing with a picky eater? Dr. Rachel shares her expert tips for handling mealtime battles, answering your most frequent questions along the way.

**“My child refuses to eat broccoli. Should I just stop serving it?”**



**READ MORE**

**“My kid is obsessed with snacking all afternoon, but then refuses dinner.”**

**READ MORE**



**“My child never wants to eat what I offer. I always have to have an alternative ready to go”**



**READ MORE**

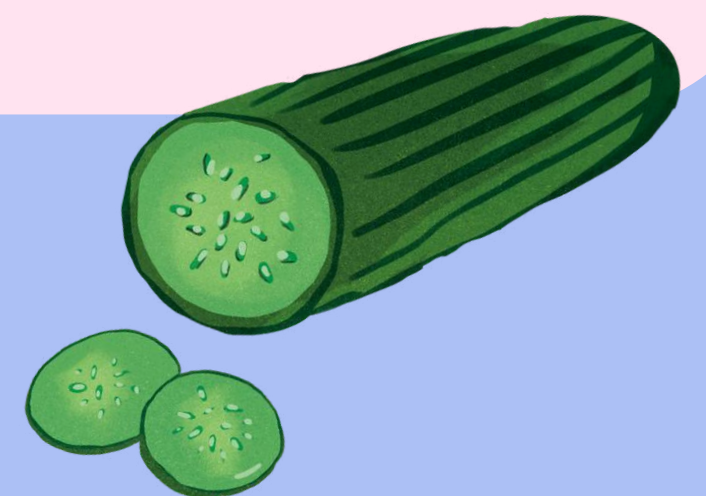
**“My kid gets flustered as soon as I put a plate of food down in front of him and refuses to taste anything”**



**READ MORE**

**“After daycare, my child always seems famished. He snacks all arvo, but then refuses dinner later. Any suggestions?”**

**READ MORE**



**“My child screams when I try to wipe her clean in her highchair. How can I clean her hands and face without the fight?”**

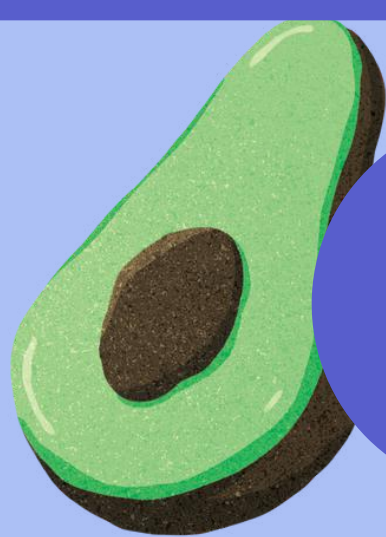


**READ MORE**



**OUR FAVOURITE**

**FAMILY-FRIENDLY**



**RECIPES**

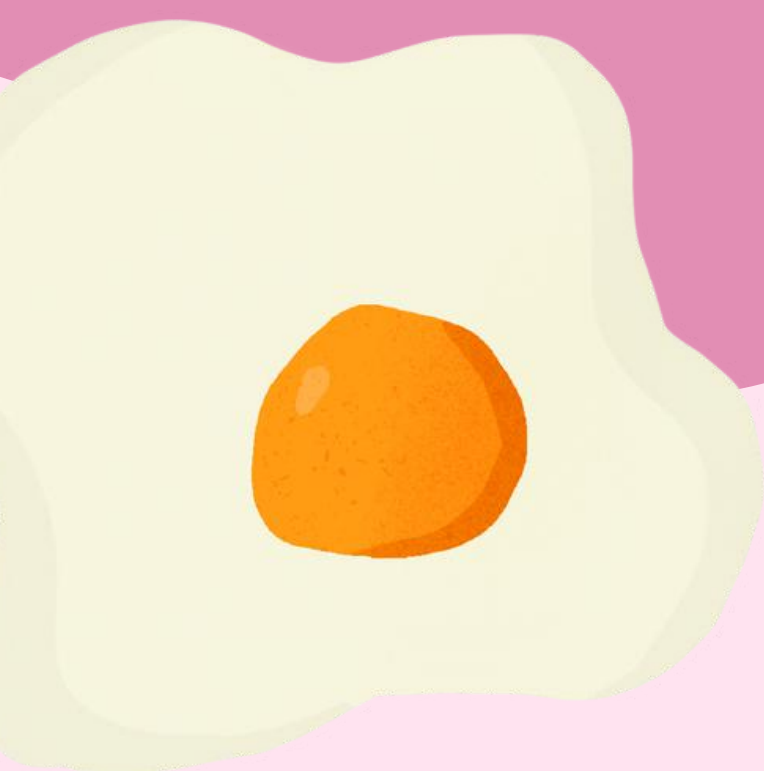


Here are 5 of our go-to family friendly recipes - easy, nutritious and crowd pleasers for the whole family to enjoy!

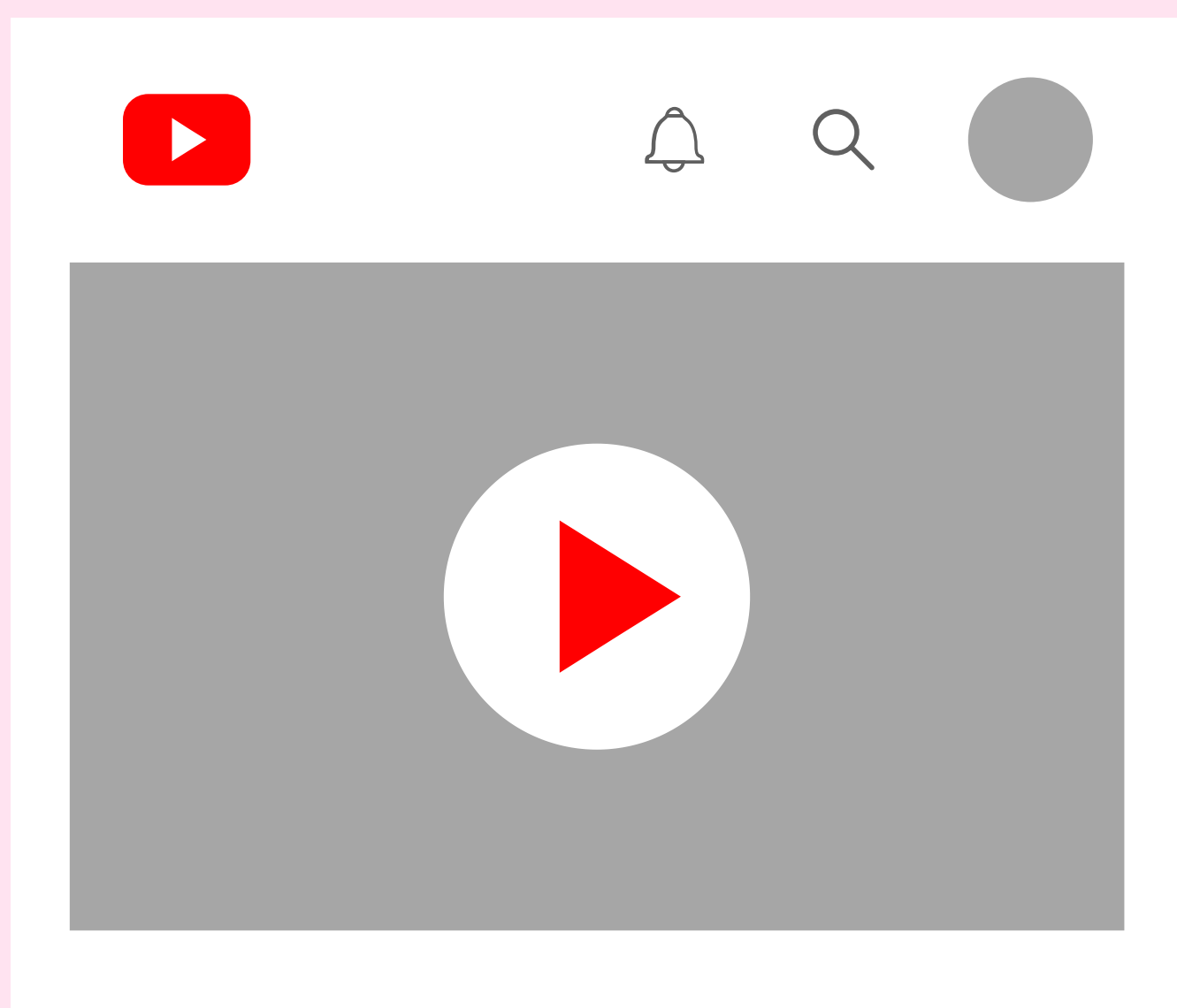
# EASY FRIED RICE

This fried rice is so incredibly quick and easy to make.

It's packed full of nutrients and gut boosting ingredients to help nourish your little one. You could also add another source of protein such as prawns or chicken if you wish!



[Read recipe here](#)



Or watch us make it step-by-step here!



We love preparing this in bulk and using our Catchy silicone freezer pods to freeze it into perfect portions!

[Click to shop](#)

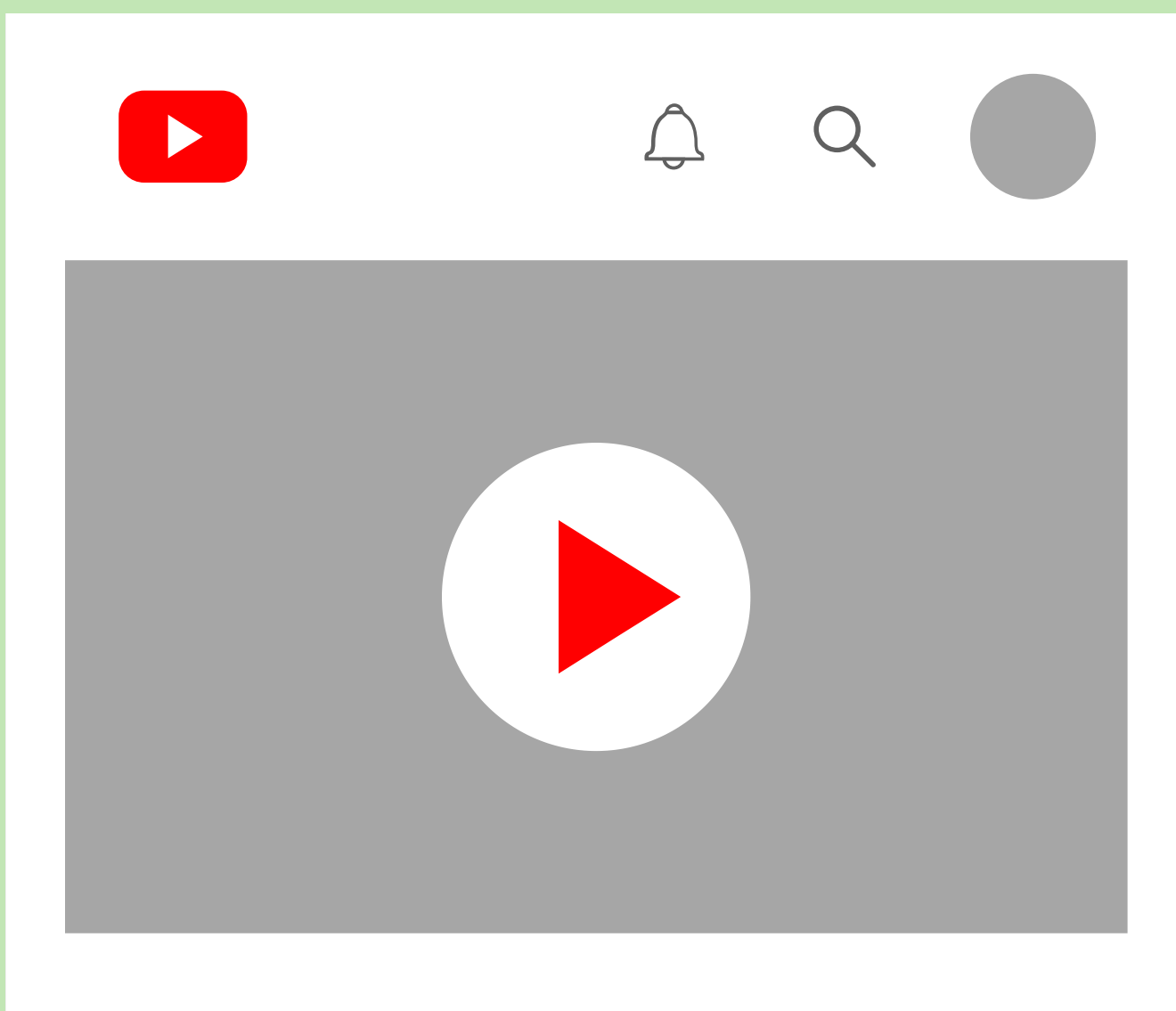


# GREEN BANANA MUFFINS

These naturally sweet muffins are an easy and yum way to get some more greens into your little one's belly. Perfect for on-the-go breakfast muffins and lunchbox snacks.



[Read recipe here](#)



Or watch us make it step-by-step here!

Our **Catchy** silicone muffin moulds make these such a breeze!

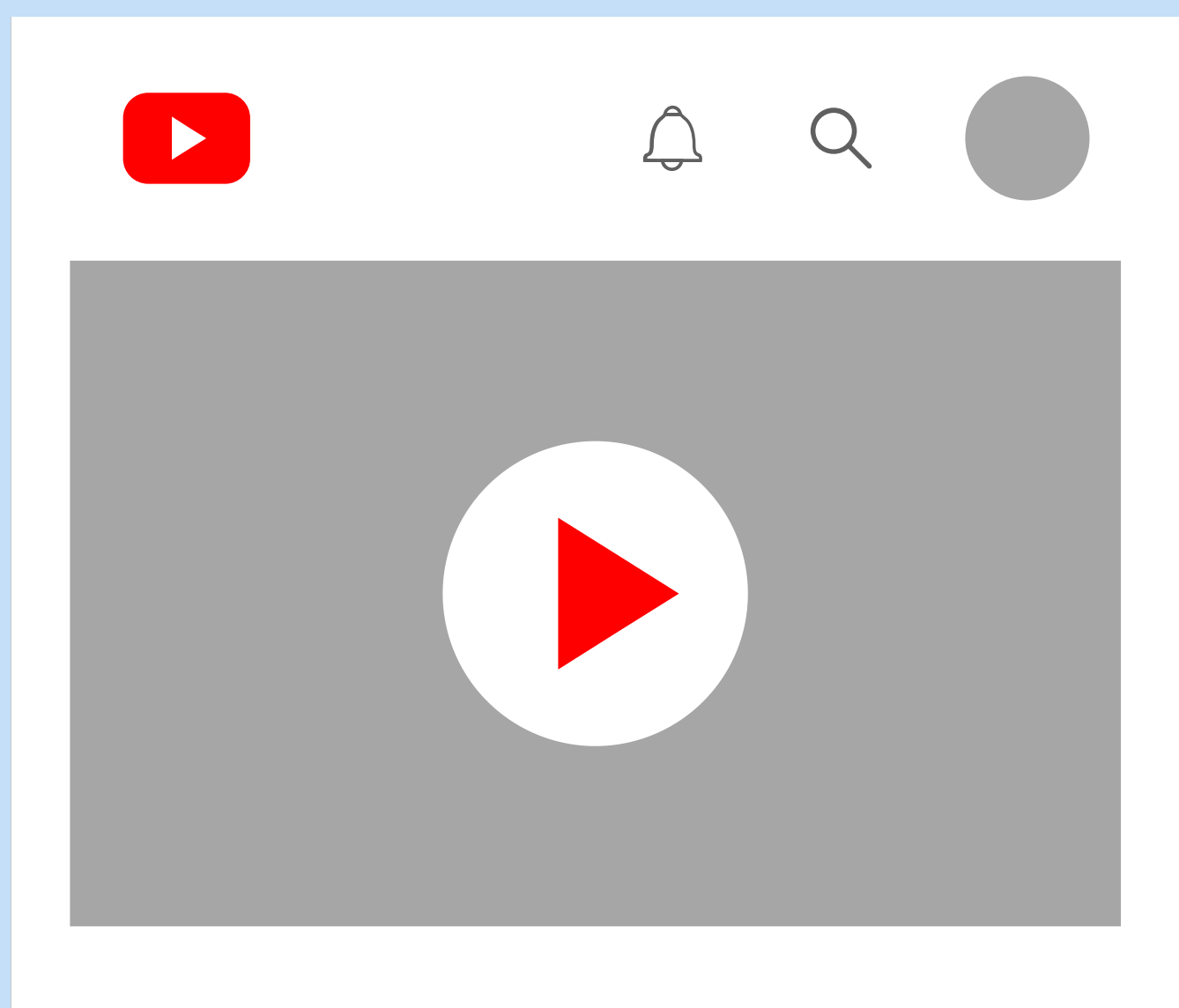
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# LENTIL PANCAKE ROLL-UPS

These bad boys are refined sugar and flour free, and are packed with fibre and iron which are so important for your growing bub! They are incredibly versatile and can be made savoury or sweet, simply spread on your fillings of choice, roll up and serve!

[Read recipe here](#)



Or watch us make  
it step-by-step here!

Fantastic for on-the-go and fit perfectly into your Catchy silicone bowl or bento lunchbox.

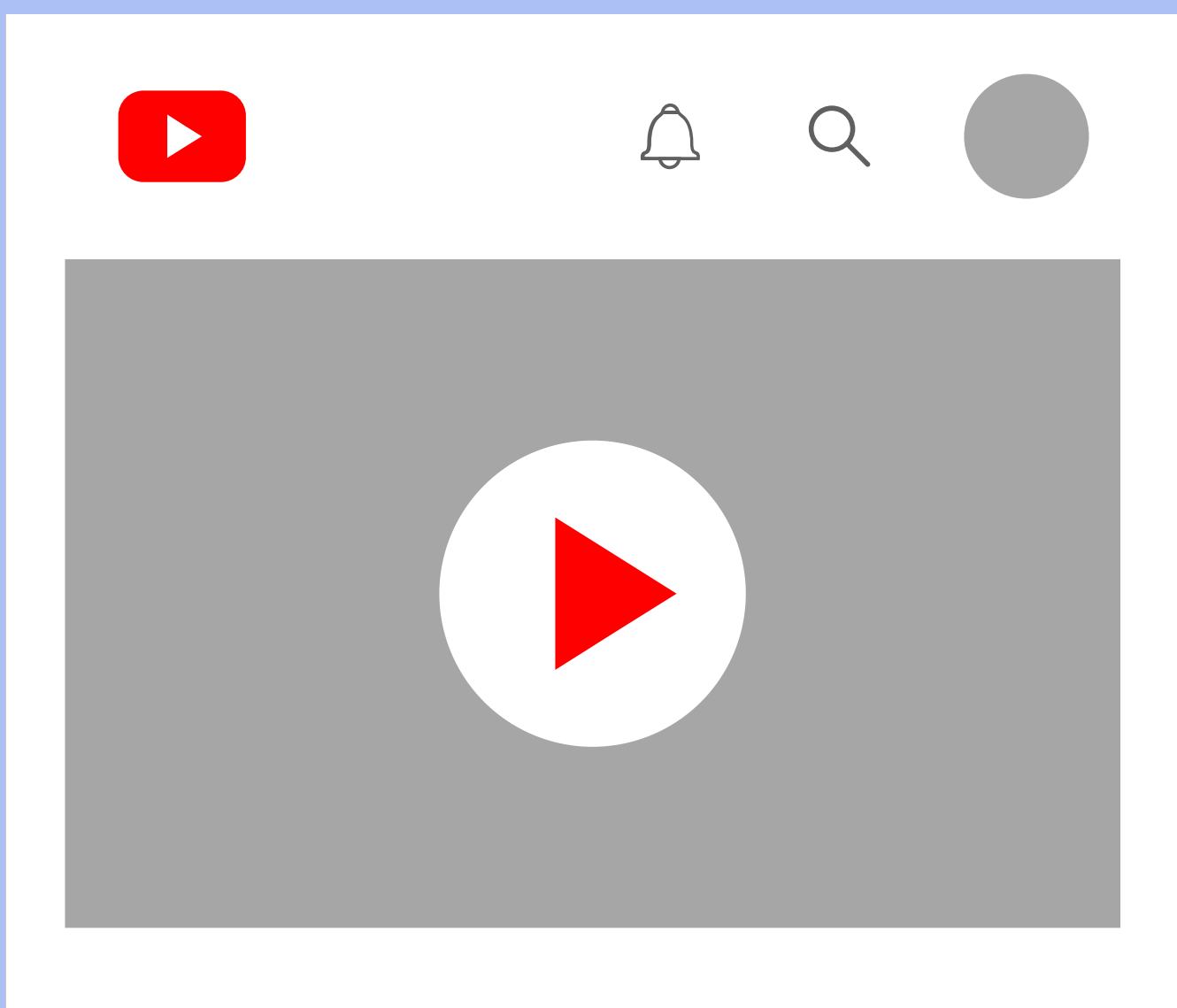


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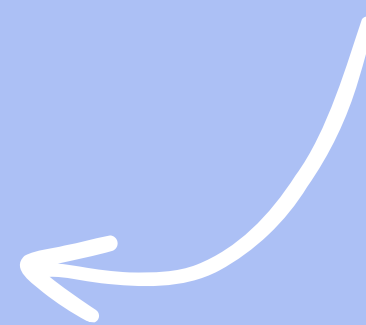
# MANGO PORRIDGE FINGERS

Quick and easy recipe for breakfast or  
snacks on-the-go!

[Read recipe here](#)



Or watch us make  
it step-by-step here!



We LOVE using our Catchy plates and  
lid for these because you can cook,  
serve and store these all in the one  
container! Hello minimal washing up!

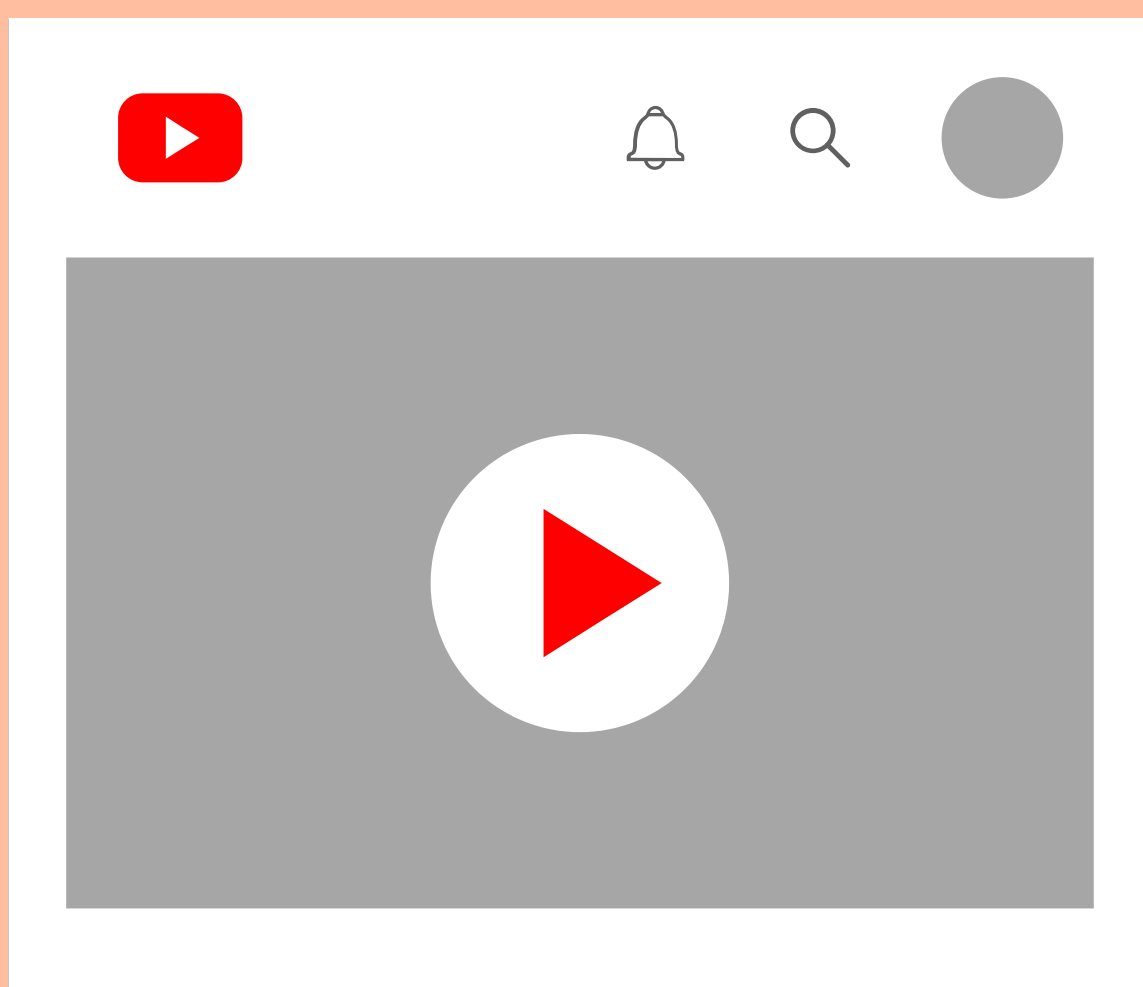


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# BANANA & CHIA SEED PUDDING

These chia seed puddings are a delicious and nutritious breakfast that parents and children can enjoy together. They're a powerhouse of nutrition as they're packed with essential nutrients like omega-3 fatty acids, fibre, protein, and calcium. Chia seeds also promote healthy digestion and provide sustained energy without spiking blood sugar levels. Such a super food.

[Read recipe here](#)



[Or watch us make it step-by-step here!](#)

[Or watch us make it step-by-step here!](#)



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