

7-DAY TODDLER MEAL PLAN

	MON	TUES	WED	THURS	FRI	SAT	SUN
BREAKFAST	<u>Overnight Oats</u>	<u>Overnight Oats</u>	Peanut Butter Toast with banana	Weet-bix with milk, yoghurt and banana	<u>Banana Pikelets</u> + yoghurt	Scrambled eggs + toast fingers + avocado	<u>Banana Pikelets</u> + yoghurt (leftovers)
MORNING TEA	<u>Blueberry pikelets</u> + pear + quartered cherry tomatoes	Peanut butter sandwich + berries	Multigrain rice cakes + cheese slices + corn on cob	Boiled egg + cheddar cheese slices, + steamed pea & corn mix	Peanut butter sandwich + orange wedges	<u>Pumpkin and pear loaf</u> (leftovers) + quartered cherry tomatoes	Boiled egg + brown rice crackers + steamed peas & corn mix
LUNCH	1 x piece of <u>baked ham & veggie slice</u> , + cucumber sticks	<u>Carrot & Zucchini Fritters</u> + boiled egg + cucumber sticks	1 x piece of <u>baked ham & veggie slice</u> (leftovers) + quartered cherry tomatoes	<u>Tuna zucchini spiral pasta</u> (leftovers) + steamed cauliflower florets	<u>Mini carrot & pork meatballs</u> (leftovers) + brown rice + steamed broccoli and peas	<u>Mini carrot & pork meatballs</u> (leftovers) + brown rice + steamed broccoli and peas	<u>Cheese and tomato melt</u> + roast sweet potato
AFTERNOON TEA	Multigrain rice cakes + hummus + corn on the cob	<u>Pumpkin and pear loaf</u> + capsicum sticks	<u>Blueberry pikelets</u> (leftovers) + quartered grapes + edamame beans	<u>Pumpkin and pear loaf</u> (leftovers) + cucumber sticks	<u>Carrot & zucchini fritters</u> (leftovers) + cucumber sticks	Multigrain rice cakes + tzatziki dip + apple slices	<u>Pumpkin & pear loaf</u> (leftovers) + berries
DINNER	<u>Sweet potato shepherd's pie</u> + steamed broccoli & capsicum sticks	<u>Sweet potato shepherd's pie</u> (leftovers) + steamed broccoli & cucumber sticks	<u>Tuna zucchini spiral pasta</u> + cauliflower florets	<u>Mini carrot & pork meatballs</u> + brown rice + steamed broccoli & peas	1 x piece of <u>baked ham & veggie slice</u> (leftovers) + roast sweet potato	<u>Healthy chicken nuggets</u> + baked potato chips + salad	<u>Healthy chicken nuggets</u> (leftovers) + baked potato chips + salad
PRE-BED SNACK	Plain yoghurt + fruit	Plain yoghurt + fruit	Plain yoghurt + fruit	Plain yoghurt + fruit	Plain yoghurt + fruit	Plain yoghurt + fruit	Plain yoghurt + fruit

NOTES:

- This meal plan does not state quantities for all meals. This is because there is no specific amount children should be eating at each meal. Instead, the focus should be on offering a range of foods throughout the day and letting them eat as much as they need to feel satisfied. You decide when food is offered.
- At each meal and snack, incorporate at least 1 of your child's safe foods into what is offered.

