



# Wholesome Toddler Food

## Sample Meal Plans for 5 Days

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GRAIN</b>	Warm Oatmeal  Whole Grain Toast	Pancakes ( <i>make a batch ahead of time and freeze for quick &amp; easy breakfast!</i> )	"Cold" Cereal - soak if needed for those Toddlers still mastering the "crunch" texture (Oatie Os, Barbara's Puffins, Enviro Kids Gorilla Munch)	Veggie & Cheese Omelet  Whole Grain Toast	Apple Dutch Baby
<b>FRUIT</b>	Applesauce mixed into Oatmeal  Natural Fruit Spread for the Toast	Bananas  Fortified Juice	Blueberries on the cereal	Diced Peaches  Fortified Juice	Sliced Melons or Fruit Salad
<b>DAIRY</b>	Milk or Yogurt Smoothie or Yogurt mixed into Oatmeal		Milk or Yogurt Smoothie Cream Cheese for the Toast		Milk or Yogurt Smoothie
<b>PROTEIN</b>		Turkey Sausage		Turkey Bacon	Turkey Sausage
<b>Mid-Morning SNACKS</b>	Rice Cakes with Peanut Butter and grated carrots on top - drizzle with honey  Fortified Fruit Juice	Fruit dices with a light layer of Yogurt - top with wheat germ  Milk	Mighty Muffin Tin - add diced veggies to the Muffin Tin and add dipping sauce in one section  Fortified Fruit Juice	Sliced Frozen Ban-Ola (recipe in <a href="#">Snack</a> section)  Milk	Muffin with Cream Cheese & Fruit spread - cut into small sections; arrange with apple dices in the middle  Fortified Fruit Juice

\*Remember, foods may be served soft cooked if needed - not all Toddlers will be able to eat "raw" veggies or fruits!



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LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GRAIN</b>	Warm Whole Grain Pita with **	Pasta Salad with Olive Oil and **	Whole Grain Toast Sandwich with **	Pita Chips (slice Pita bread into "chips" and toast) and hummus	Grilled Whole Grain Sandwich with **
<b>FRUIT</b>	Sliced Banana Fortified Juice	Apple Slices	** Avocado & Cream Cheese	Fruit Salad	**Sliced Banana Fortified Juice
<b>VEGGIE</b>	**Chopped Cooked Broccoli	**Carrots, Cucumbers, Broccoli, Zucchini, Olives	Carrot Sticks & Dipping Sauce	Diced Veggie Medley (warm & cooked or cold w/dipping sauce)	Tomatoes, Broccoli, Carrots, Celery, Cucumbers with Yogurt Dipping Sauce
<b>PROTEIN</b>	**Turkey, Ham or Chicken Slices	"Toddler" Meatballs (make a batch ahead of time and freeze for quick & easy lunch!)	Sautéed Spiced Tofu Cubes	Chicken Nuggets - (make a batch ahead of time and freeze for quick & easy lunch!)	**Peanut Butter
<b>DAIRY</b>	Fruit Yogurt **Cheese	Cheese Sticks Milk	Fruit Yogurt Smoothie	Milk	Cheese Dices
<b>Mid-Afternoon SNACKS</b>	Toddler Trail Mix - raisins, O cereal, carob or yogurt chips, dried fruits  Milk or Water	Graham Crackers with Applesauce and/or Cheese slices, Peanut Butter  Fortified Fruit Juice or Water	Fruit Dices & Cheese cubes  Milk or Water	Baked Apple Slices topped with Muesli & blueberries (recipe in <a href="#">Snack</a> section)  Fortified Fruit Juice or Water	Mini- Sandwiches on whole grain bread  Fortified Fruit Juice or Milk or Water
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## Sample Meal Plans for 5 Days

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>GRAIN</b>	Serve the Family Grain - make some noodles if necessary				
<b>FRUIT</b>	Serve a side of fruit dices or slices if desired or Fruit Juice				
<b>VEGGIE</b>	Serve the Family Veggie - add grated cheese to tempt your Toddler!				
<b>PROTEIN</b>	Serve the Family Protein - serve with a dipping sauce if needed to tempt your Toddler!				
<b>DAIRY</b>	Milk, Yogurt on the Side, Cheese Cubes on the Side or Grated Cheese on side				
<p>*Remember, dinner is typically the meal that is most often <u>not</u> eaten by Toddlers! Make it colourful and fun in it's presentation when possible!</p>					

These ideas are for sample purposes only – please serve only those foods that are appropriate for YOUR toddler!