

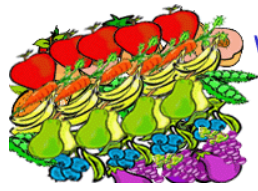


Wholesome
Toddler
Food

5 Day Meal Planner

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAIN					
FRUIT					
DAIRY					
PROTEIN					
Mid-Morning SNACKS					

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



Wholesome
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LUNCH	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAIN					
FRUIT					
VEGGIE					
PROTEIN					
DAIRY					
Mid- Afternoon SNACKS					

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



5 Day Meal Planner

DINNER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GRAIN					
FRUIT					
VEGGIE					
PROTEIN					
DAIRY					
<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>					