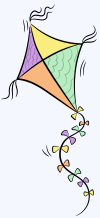


TODDLER MEAL PLAN

Nutritious, Easy and Balanced
meals for your little ones



Dharani





Day 1



Breakfast - Vegetable Idly + Chutney

Midmorning - Dates Milk



Lunch - Rice + Dal + Steamed carrots

Evening - Apple with nuts & Seeds

Dinner - Ragi Dosa + Paneer
Sautee

offer small meals every 2-3 hours to
match your toddler's energy needs.



Day 2

Breakfast - Whole Wheat Dosa +
Tomato Amla Chutney



Midmorning - Red Banana

Lunch - Beetroot curd rice +
Potato sticks

Evening - Boiled Chickpeas

Dinner - Pumpkin Sauce pasta



**Introduce new foods one at a time
and pair them with familiar ones.**



Day 3



Breakfast - Ragi Idly + Veggies
sambhar

Midmorning - Steamed Sweet potato

Lunch - Rice + Rasam + Raw banana
stir fry

Evening - Papaya slices

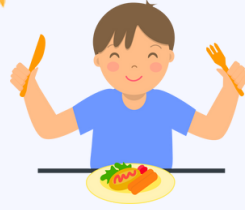
Dinner - Veggies Paniyaram with
green chutney



**Don't give up! It may take several tries
before your toddler likes a new food.**



Day 4



Breakfast - Apple Pancakes +
cut muskmelon

Midmorning - Tender Coconut water

Lunch - Vegetable fried with
paneer sautee / Boiled eggs

Evening - Boiled Corn

Dinner - Millet Pongal



Combine iron-rich foods like lentils &
spinach with a squeeze of lemon for
better absorption and healthy growth.



Day 5

Breakfast - Chapathi + Green moong dal curry



Midmorning - Banana nuts smoothie

Lunch - One pot Dal rice+ Steamed Beans

Evening - Cucumber and carrot slices

Dinner - Veggies Uthappam + Flaxseed chutney



Let your toddler self-feed with finger foods to build motor skills



Day 6

Breakfast - Paneer Paratha +
curd



Midmorning - Makhana & Nuts

Lunch - Rice + Sprouts curry +
Steamed Broccoli/cauliflower

Evening - Orange

Dinner - Palak mini Idly +
Coconut chutney



Limit milk to 2 cups a day to
ensure they eat a variety of
foods.



Day 7



Breakfast - Ghee Dosa + Onion
Chutney + Boiled Eggs/
Panner saute

Midmorning - Pineapple Slices

Lunch - Carrot rice +Mushroom
Sautee

Evening - Guava Milkshake

Dinner - Poha / Upma with
green peas and curd



**Plan and prep meals in advance to
make mealtime stress-free and
nutritious.**

🎉 Thank You for Downloading the
Toddler Meal Plan eBook! 🎉

We're excited to support you in
creating wholesome, balanced meals
for your little one.

☀️ Explore More of What We Offer:

Customized Kids' Meal Plans: Tailored to
their preferences and nutritional needs.

One-on-One Consultations: Expert advice
for long-term family nutrition.

Family Meal Plans: Simplify healthy eating
for the whole family.

To Book your Consultation ↓
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