

quick & easy great Winter WEEKLY TODDLER MEAL PLAN

2 YEAR OLD

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	 OATMEAL	 PANCAKES	 HONEY PASTA	 OATMEAL	 EGGS, AVOCADO & TOAST	 PANCAKES	 PANCAKES
OPTIONAL SNACK	OATMEAL PANCAKE, & MILK OR FRUIT AND PLAIN YOGURT, CHEESE, OLIVES AND BREAD AND BUTTER						
LUNCH	 MEATBALL SOUP	 CHICKEN SOUP	 SALMON POTATO SOUP	 ZUCCHINI FRITATA	 BEAN SOUP	 SALMON POTATO SOUP	 CHICKEN SOUP
SNACK	 BANANA, YOGURT	 YOGURT OATMEAL	 YOGURT OATMEAL	 BANANA, YOGURT	 YOGURT OATMEAL	 YOGURT OATMEAL	 YOGURT OATMEAL
DINNER	 ZUCCHINI MAC AND CHEESE	 GROUND BEEF, BEANS AND CORN SKILLET	 CHICKEN RISOTTO	 SALMON MACARONI AND CHEESE	 EGGS, AVOCADO AND BREAD	 PASTA BOLOGNESE	 CHICKEN POTATO CARROTS
cooking time	47 min	59 min	58 min	42 min	45 min	58 min	58 min

less than **60** min daily



Healthy Baby Meal Planner

Shasha Hu



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