Toddler Meal Planner

Week of: _____ · Plan it once, stop deciding at 5 pm

	Breakfast	Lunch	Dinner	Snack
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Tip: cook once, eat twice. Plan dinners first, then use the leftovers for the next day's lunch.

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Grocery List

Fill it in from your meal plan, then shop once

Produce

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Dairy and eggs

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Meat, fish and beans

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Bread, grains and pasta

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Freezer

- [ ]
- [ ]
- [ ]
- [ ]

Pantry

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

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40 Toddler Meals

Pick from the list · * = freezes well

Breakfast

- Banana oat pancakes * — 15 min
- Scrambled egg and toast fingers — 10 min
- Overnight oats — 5 min
- Yogurt parfait — 5 min
- Egg muffin cups * — 20 min
- Peanut butter toast — 5 min
- Mini French toast sticks * — 15 min
- Cottage cheese and peaches — 5 min
- Breakfast quesadilla — 10 min
- Apple cinnamon oatmeal — 10 min

Lunch

- Pasta salad — 15 min
- Hummus snack plate — 5 min
- Turkey and cheese pinwheels — 5 min
- Bean and cheese quesadilla — 10 min
- Mini muffin-tin pizzas * — 15 min
- Egg salad sandwich — 10 min
- Chicken and rice bowl — 10 min
- Grilled cheese and tomato soup — 15 min
- Leftover dinner plate — 5 min
- Soft veggie fritters * — 20 min

Dinner

- Mini meatballs and spaghetti * — 30 min
- Sheet-pan chicken and sweet potato — 30 min
- Salmon cakes * — 20 min
- Veggie mac and cheese * — 20 min
- Black bean tacos — 15 min
- Chicken and veggie fried rice * — 20 min
- Shepherd's pie * — 40 min
- Lentil soup * — 30 min
- Turkey chili (mild) * — 30 min
- Baked fish sticks * — 25 min
- Breakfast for dinner — 20 min
- Pesto pasta with peas — 15 min

Snack plates and mini meals

- Cheese and crackers — 5 min
- Soft apple slices and yogurt dip — 5 min
- Quartered grapes and cottage cheese — 5 min
- Banana and nut butter — 5 min
- Avocado toast squares — 5 min
- Mini smoothie — 5 min
- Hard-boiled egg and toast — 10 min
- Soft muffin and milk * — 5 min

Sample week

	Breakfast	Lunch	Dinner	Snack
Mon	Banana oat pancakes	Hummus snack plate	Mini meatballs and spaghetti	Cheese and crackers
Tue	Yogurt parfait	Leftover meatballs and pasta	Sheet-pan chicken and sweet potato	Soft apple slices and yogurt dip
Wed	Egg muffin cups	Chicken and rice bowl	Black bean tacos	Quartered grapes and cottage cheese
Thu	Overnight oats	Bean and cheese quesadilla	Veggie mac and cheese	Avocado toast squares
Fri	Scrambled egg and toast fingers	Leftover mac and cheese	Salmon cakes	Mini smoothie
Sat	Mini French toast sticks	Mini muffin-tin pizzas	Chicken and veggie fried rice	Banana and nut butter
Sun	Breakfast quesadilla	Grilled cheese and tomato soup	Breakfast for dinner	Soft muffin and milk

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