Mommy's Magazine
LIFE LESSONS FOR BUSY MOMS

Food chart for 1 to 2 year old toddler

Food Items : / Time:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Early Morning	1 cup milk Dry fruits	1 cup banana milk shake	1 cup milk with oatmeal	1 cup milk with Dry fruits	1 cup banana milk shake	1 cup mango/ strawberry milkshake (seasonal fruits)
Breakfast Time	Wheat halwa	Steamed idli with simple sambhar	Vegetable dalia	French toast	Oatmeal porridge	Sweet potato poha (flattened rice)
Mid-Morning	Seasonal fruits (1 cup)	Ragi Kheer	Seasonal fruits (1 cup)	Fruit smoothie	Ragi Kheer	Seasonal fruits (1 cup)
Lunch	Curd rice	Paratha and Potato curry	Vegetable paratha and curd	Vegetable dalia	Dal khichdi	Curd rice
Evening Snack	Sliced boiled Vegetables	Sprouts bhel	Roasted kurmura (puffed rice)	Sliced boiled Vegetables	Fruits cut into small portions	Sprouts bhel
Dinner	Veg. pasta	Fruit pancake	Spinach pancakes	Chickpea chilla	Veggie Dosa	Vegetable Dalia
Bedtime Snack	1 cup milk	1 cup milk	1 cup milk	1 cup milk	1 cup milk	1 cup milk