

# Three-Day Meal Plan a 1-3 Year Old

## Breakfast

- 1 cup ready-to-eat cereal
- 1/2 cup non-fat milk\*
- 1/2 cup chopped banana



## Lunch

- 1 slice of whole wheat bread
- 1 oz turkey
- 1 oz cheese
- 1/4 cup lettuce
- 1/4 cup raw tomato
- 1 tsp mayonnaise
- Fruit

## Dinner

- 1/2 cup brown rice
- 1/4 cup tomato sauce
- 1/4 cup cooked zucchini
- 1 tsp olive or canola oil
- 2 oz. chicken, shredded
- 1 ounce grated parmesan cheese
- 1 cup low fat or non-fat milk\*

## Snacks (1 or 2 daily)

- 1/2 cup cantaloupe or honeydew melon
- 1/4 cup cucumber slices



## Breakfast

- 1 slice whole wheat bread
- 1 fried egg
- 1/2 cup cantaloupe or honeydew melon balls
- 1/2 cup low fat or non-fat milk\*

## Lunch

- 1/2 cup cooked quinoa
- 1/4 cup tomato, chopped
- 2 oz (4 TBS) mozzarella
- Fresh basil
- 1 small apple



## Dinner

- 1/2 cup cooked noodles
- 1/4 cup cooked sliced green or red bell peppers
- 1/4 cup cooked mushrooms
- 1/4 cup cooked sliced bok choy
- 2 oz. fresh salmon
- 2 tsp olive or canola oil



## Snacks: (1 or 2 daily)

- 6 oz. cup non-fat plain yogurt
- 1/4 cup mandarin oranges

## Breakfast

- 1/2 whole wheat english muffin
- 2 tsp jelly
- 6 oz low fat or non-fat plain yogurt
- 1/2 cup chopped strawberries

## Lunch

- 1 6-inch whole wheat tortilla
- 1/2 cup cooked rice
- 2 TBS cooked black beans
- 1/4 cup tomatoes
- 1 TBS salad dressing



## Dinner

- 2 oz lean beef such as roast, round, sirloin, or tenderloin
- 1/2 cup mashed sweet potatoes
- 1/4 cup cooked broccoli or green beans
- 1 cup low fat or non-fat milk\*



## Snacks: (1 or 2 daily)

- 1/2 cup chopped banana
- 1 oz string cheese

- Most 1- to 3-year-old children need to consume about 1,000 to 1,400 calories per day.
- An appropriate serving size for children is 1 tablespoon of food per year of life. For example, a lunch for a typical 2 year old will be 2 tablespoons of mashed potato, 2 tablespoons of chicken and 2 tablespoons of green peas.
- Some children need more food and some children need less food. Allow your child to eat as much or as little as she wants from what is offered.
- Serve only water between meals and planned snacks. Plan snacks at least 2 hours before meals.
- Toddlers need only 2 servings of calcium rich foods daily (milk, cheese, yogurt or non dairy substitutes)