



FREE PRINTABLE

7-Day Toddler Meal Plan

A calmer week of breakfasts, lunches, snacks and family dinners

Built for children 12 months and older

Four eating opportunities each day plus picky-eater substitutions

Print-friendly shopping lists and safety reminders

ToddlerBites

Meal planning, recipes, logs and feeding support in one app

How to use this plan

This 7-day plan is a decision-saver, not a feeding prescription. Choose age-appropriate textures, start with small portions, offer more when wanted, and let your child decide whether and how much to eat. Children may eat different amounts from day to day.

The safe-food anchor: include at least one food your child usually accepts, then place the rest of the meal beside it without pressure. A substitution is a tool, not a failure.

Before you begin

- This plan assumes the listed foods and allergens have already been introduced and tolerated.
- Adapt every food to your child's chewing and swallowing skills. Sit the child upright and supervise every meal.
- Cut round foods lengthways into quarters; cook hard fruit and vegetables until soft; spread nut or seed butter thinly.
- For allergies, feeding difficulties, poor growth or medical conditions, use a plan from your child's clinician.
- Breast milk or infant formula remains the main source of nutrition before 12 months; this toddler plan starts at 12 months.

A flexible daily rhythm

Breakfast	Snack	Lunch	Snack	Dinner
Morning	Mid-morning	Midday	Mid-afternoon	Early evening

Your 7-day plan

Use the substitutions as written or swap any component for a familiar equivalent. Water is the default drink between meals.

Day 1	
BREAKFAST	Creamy oatmeal with plain yoghurt and soft pear
LUNCH	Hummus toast fingers, avocado and soft-cooked carrot
SNACK	Banana with plain yoghurt
DINNER	Lentil tomato pasta with soft broccoli
PICKY SWAP	Use buttered toast instead of oatmeal; use mashed beans instead of hummus.

Day 2	
BREAKFAST	Scrambled egg, toast fingers and avocado
LUNCH	Cheese quesadilla with mashed black beans and tomato
SNACK	Plain yoghurt with squashed berries
DINNER	Flaked salmon, mashed potato and peas
PICKY SWAP	Use yoghurt or beans if egg is refused; use shredded chicken instead of salmon.

Day 3	
BREAKFAST	Plain yoghurt, oats and soft peach
LUNCH	Chicken and avocado wrap with cucumber
SNACK	Soft pear and thin cheese slices
DINNER	Turkey meatballs, couscous and roasted courgette
PICKY SWAP	Serve the wrap ingredients separately; use pasta instead of couscous.

Your 7-day plan - continued

Day 4

BREAKFAST	Banana-oat pancakes with plain yoghurt
LUNCH	Thick lentil soup with toast fingers
SNACK	Hummus with soft-cooked carrot sticks
DINNER	Chicken, rice and soft broccoli
PICKY SWAP	Offer plain toast beside the pancakes; keep chicken, rice and broccoli separate.

Day 5

BREAKFAST	Scrambled egg with spinach and toast
LUNCH	Tuna, sweetcorn and pasta with plain yoghurt dressing
SNACK	Unsweetened apple compote with yoghurt
DINNER	Mild bean chilli with rice and avocado
PICKY SWAP	Leave spinach beside the egg; serve plain pasta and tuna separately.

Day 6

BREAKFAST	Overnight oats with banana and yoghurt
LUNCH	Egg muffin, bread and soft fruit
SNACK	Avocado toast fingers
DINNER	Mild chickpea curry, rice and soft cauliflower
PICKY SWAP	Use dry oats stirred into yoghurt; offer chickpeas, rice and cauliflower separately.

Your 7-day plan - continued

Day 7	
BREAKFAST	Cottage cheese toast with soft fruit
LUNCH	Leftovers plate: one protein, one carbohydrate and produce
SNACK	Banana and thinly spread nut or seed butter toast
DINNER	Family beef or lentil bolognese with pasta
PICKY SWAP	Use plain cheese toast; reserve plain pasta before adding sauce.

One-week shopping list

Check your pantry first. Quantities depend on family size and whether adults are eating the same meals.

Produce

☐ bananas	☐ pears
☐ peaches	☐ avocados
☐ berries	☐ carrots
☐ broccoli	☐ courgettes
☐ spinach	☐ peas
☐ cauliflower	☐ tomatoes
☐ cucumber	☐ sweetcorn

Protein and dairy

☐ plain full-fat yoghurt	☐ eggs
☐ cheese	☐ cottage cheese
☐ chicken	☐ salmon
☐ turkey mince	☐ beef mince or extra lentils
☐ tinned tuna	☐ hummus

Cupboard and grains

☐ oats	☐ bread
☐ wraps	☐ pasta
☐ rice	☐ couscous
☐ potatoes	☐ lentils
☐ chickpeas	☐ black beans
☐ kidney beans	☐ tinned tomatoes
☐ nut or seed butter	☐ mild curry spices

Prep once, use twice

- Cook extra rice or pasta for the next lunch.
- Make a double batch of meatballs or lentil sauce and freeze half.
- Wash and portion fruit; cook firm vegetables until soft.
- Keep sauces and mixed textures separate until serving.

Picky-eater substitution matrix

A substitution keeps the job of the food similar without forcing a specific ingredient. Keep one safe-food anchor and change one variable at a time.

Planned food	Try instead	How to serve it
Oatmeal or porridge	Toast, yoghurt with oats, or pancakes	Keep the familiar carbohydrate; change only one element.
Egg	Yoghurt, beans, cheese, chicken, or tofu	Use a tolerated protein and check allergens.
Fish	Chicken, beans, lentils, egg, or tofu	Flake fish carefully and check for bones twice.
Beans or lentils	Shredded meat, egg, tofu, or yoghurt	Mash beans if skins or texture are difficult.
Rice or couscous	Pasta, potato, bread, or polenta	Keep sauces separate when mixed texture is refused.
Vegetables	A familiar fruit plus one tiny vegetable serving	Produce exposure counts even when it is not eaten.
Mixed meals	The same ingredients served separately	Deconstruction is not a separate dinner.
Sauce	Plain food with sauce in a dip cup	Let the child control whether foods touch.

When substitutions are not enough

Ask a pediatrician or feeding professional for help if the accepted-food list is shrinking, meals regularly cause gagging or distress, growth is affected, or your child avoids entire food groups for a sustained period.

Safety, sources and next step

This guide is general educational information and is not medical advice. It is designed for children 12 months and older who can safely manage the listed textures. Adapt every food to your child's development and known allergens.

Source guidance

- CDC: Choking Hazards
- CDC: Tips for Mealtime Routines
- CDC: Signs Your Child Is Hungry or Full
- American Academy of Pediatrics: Tips for Parents of Picky Eaters

Want the complete 14-day version?

ToddlerBites builds weekly meal plans around age and allergens, turns missing ingredients into a shopping list, and helps every caregiver use the same meal log.

Download ToddlerBites

toddlerbites.app/meal-plans