

Meal Planners



Meal Plan - 6 months onwards

Week 1	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 1	Breast or formula milk feed	Milk feed	Baby rice mixed with breast or formula milk Milk feed	Milk feed	Milk feed	Baby rice
Day 2	Breast or formula milk feed	Milk feed	Baby rice mixed with breast or formula milk Milk feed	Milk feed	Milk feed	
Day 3	Breast or formula milk feed	Milk feed	Baby rice mixed with breast or formula milk Milk feed	Milk feed	Milk feed	
Day 4	Breast or formula milk feed	Milk feed	Baby millet mixed with breast or formula milk Milk feed	Milk feed	Milk feed	Baby millet
Day 5	Breast or formula milk feed	Milk feed	Baby rice and millet mixed with breast or formula milk Milk feed	Milk feed	Milk feed	
Day 6	Breast or formula milk feed	Milk feed	Baby rice and millet mixed with breast or formula milk Milk feed	Milk feed	Milk feed	
Day 7	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Sweet potato puree – peel, cook and puree mixing in a little breast or formula milk to make smooth Milk feed	Milk feed	Milk feed	Sweet potato

Meal Plan - 6 months onwards

Week 2	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 8	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Sweet potato puree Milk feed	Milk feed	Milk feed	
Day 9	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Sweet potato puree, fry without milk Milk feed	Milk feed	Milk feed	
Day 10	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Carrot puree puree - peel, cook and puree Milk feed	Milk feed	Milk feed	Carrot
Day 11	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Carrot puree Milk feed	Milk feed	Milk feed	
Day 12	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Carrot & sweet potato puree Milk feed	Milk feed	Milk feed	
Day 13	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Avocado mashed with a little breast or formula milk or baby rice till preferred texture Milk feed	Milk feed	Milk feed	Avocado
Day 14	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Avocado mashed Milk feed	Milk feed	Milk feed	

Meal Plan - 6 months onwards

Week 3	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 15	Breast or formula milk feed	Baby rice or millet or mixture with breast or formula milk Milk feed	Avocado mashed Sweet potato or carrot puree Milk feed	Milk feed	Milk feed	
Day 16	Breast or formula milk feed	Baby cereal mix including quinoa such as a rice, millet and quinoa, mix with breast or formula milk Milk feed	Sweet potato puree Milk feed	Milk feed	Milk feed	Quinoa
Day 17	Breast or formula milk feed	Baby cereal mix including quinoa with breast or formula milk Milk feed	Carrot puree Milk feed	Milk feed	Milk feed	
Day 18	Breast or formula milk feed	Baby cereal mix including quinoa with breast or formula milk Milk feed	Avocado mashed Sweet potato and carrot puree Milk feed	Milk feed	Milk feed	
Day 19	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Sweet potato and broccoli puree – cooked and pureed Milk feed	Milk feed	Milk feed	Broccoli
Day 20	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Sweet potato and broccoli puree – cooked and pureed Milk feed	Milk feed	Milk feed	
Day 21	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Try pureed broccoli alone Milk feed	Milk feed	Milk feed	

Meal Plan - 6 months onwards

Week 4	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 22	Breast or formula milk feed	Baby cereal from grains already fried Pear puree - skin and pips removed and cooked Milk feed	Broccoli puree Sweet potato puree Milk feed	Milk feed	Milk feed	Pear
Day 23	Breast or formula milk feed	Baby cereal from grains already fried Pear puree Milk feed	Broccoli puree Sweet potato puree Milk feed	Milk feed	Milk feed	
Day 24	Breast or formula milk feed	Baby cereal from grains already fried Milk feed	Broccoli and carrot puree Pear puree with baby cereal Milk feed	Milk feed	Milk feed	
Day 25	Breast or formula milk feed	Baby cereal from grains already fried Milk feed	Baby spinach (can use frozen spinach) and sweet potato puree - cook and puree Milk feed	Milk feed	Milk feed	Spinach
Day 26	Breast or formula milk feed	Baby cereal from grains already fried Pear puree Milk feed	Baby spinach puree mixed with baby cereal Milk feed	Milk feed	Milk feed	
Day 27	Breast or formula milk feed	Baby cereal from grains already fried Milk feed	Baby spinach puree mixed with baby cereal Pear puree	Milk feed	Milk feed	
Day 28	Breast or formula milk feed	Baby cereal from grains already fried Milk feed	Sweet potato and broccoli puree Mashed banana Milk feed	Milk feed	Milk feed	Banana

Meal Plan - 7 months onwards

Week 1	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 1	Breast or formula milk feed	Baby cereal from grains already tited Milk feed	Cooled baby spinach mixed with baby cereal Mashed banana Milk feed	Sweet potato and broccoli puree Milk feed	Milk feed	
Day 2	Breast or formula milk feed	Baby cereal from grains already tited Milk feed	Broccoli and carrot puree Mashed banana Milk feed	Avocado mashed Milk feed	Milk feed	
Day 3	Breast or formula milk feed	Baby cereal from grains already tited Milk feed	Carrot and pea puree – may need to add a little milk for smoothness Milk feed	Spinach and pear puree Milk feed	Milk feed	Peas
Day 4	Breast or formula milk feed	Baby cereal from grains already tited Milk feed	Broccoli and sweet potato puree or mash – may need a little milk Milk feed	Avocado and pea puree or mash Milk feed	Milk feed	
Day 5	Breast or formula milk feed	Baby cereal from grains already tited Milk feed	Cooled whole quinoa and peas mashed with a little milk (not pureed) Mashed pear Milk feed	Sweet potato and spinach puree Milk feed	Milk feed	
Day 6	Breast or formula milk feed	Baby cereal mixed with apricot puree – soak unsulphured dried apricots in hot water overnight then cook till soft and puree (1 apricot per portion but make a batch) Milk feed	Broccoli and sweet potato puree or mash – may need a little milk Mashed avocado and banana Milk feed	Carrot and spinach puree with a little pear Milk feed	Milk feed	Apricot
Day 7	Breast or formula milk feed	Baby cereal from grains already tited Milk feed	Well cooked brown rice mashed with cooked carrot Apricot puree mixed with cooked quinoa Milk feed	Sweet potato puree or mash Milk feed	Milk feed	

Meal Plan - 7 months onwards

Week 2	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 8	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Spinach and sweet potato puree or mash Apricot puree mixed with cooked quinoa Milk feed	Avocado mash or soft chunks Carrot mash Milk feed	Milk feed	
Day 9	Breast or formula milk feed	Baby cereal from grains already tried Pear mash Milk feed	Butternut squash – cooked and pureed or mashed, may need a little milk Carrot and pea mash Milk feed	Sweet potato and pea puree or mash Apricot puree with baby rice Milk feed	Milk feed	Butternut squash
Day 10	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Butternut squash and broccoli puree or mash Banana mash Milk feed	Spinach and sweet potato puree or mash Milk feed	Milk feed	
Day 11	Breast or formula milk feed	Baby cereal from grains already tried Banana mash or chunks to gum Milk feed	Spinach, carrot and brown rice mash Milk feed	Butternut squash and broccoli puree or mash Soaked oatmeal with pear mash Milk feed	Milk feed	
Day 12	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Sweet potato and cooked red lentil mash Apricot puree with baby rice Milk feed	Spinach and pear puree Avocado mash Milk feed	Milk feed	Lentils
Day 13	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Butternut squash, broccoli and red lentil mash Milk feed	Carrot and pea puree or mash Mashed quinoa with banana Milk feed	Milk feed	
Day 14	Breast or formula milk feed	Baby cereal from grains already tried Milk feed	Broccoli and pear puree or mash Pea puree or mash Milk feed	Lentil and spinach mash Milk feed	Milk feed	

Meal Plan - 7 months onwards

Week 3	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 15	Breast or formula milk feed	Breakfast cereal including oats Milk feed	Sweet potato and spinach puree or mash Mango and baby rice mash Milk feed	Rice and pea mash Carrot mash Milk feed	Milk feed	Oats
Day 16	Breast or formula milk feed	Breakfast cereal including oats Milk feed	Lentil and squash puree or mash Milk feed	Broccoli mash Spinach and mango puree Milk feed	Milk feed	
Day 17	Breast or formula milk feed	Porridge made from fine oatmeal with soaked pureed dried apricot and milk Milk feed	Broccoli mash Sweet potato mash Milk feed	Lentil and carrot mash Milk feed	Milk feed	
Day 18	Breast or formula milk feed	Add 2 teaspoons of stoneground rye flour to fine oatmeal and soak in milk overnight. Add mashed banana in the morning Milk feed	Brown rice and spinach mash with a little apricot puree if needed to sweeten Milk feed	Carrot mash Broccoli and oatmeal mash with a little milk Milk feed	Milk feed	Rye
Day 19	Breast or formula milk feed	Oat porridge with rye flour as before Milk feed	Carrot and pea mash Banana mash or chunks Milk feed	Spinach and pear puree Sweet potato mash Milk feed	Milk feed	
Day 20	Breast or formula milk feed	Baby cereal mix or own mix from grains already fried, soaked overnight, can add fruit after Milk feed	Crumble German rye bread (no wheat) into mashed sweet potato Soaked oatmeal with pear mash Milk feed	Broccoli, quinoa and carrot mash Milk feed	Milk feed	
Day 21	Breast or formula milk feed	Mixed or single grain cereal Mashed mango Milk feed	Crumble German rye bread (no wheat) with mashed avocado Banana mash or chunks Milk feed	Lentil and butternut squash mash Milk feed	Milk feed	Mango

Meal Plan - 7 months onwards

Week 4	First thing	Breakfast	Lunch	Dinner	Before bed	Foods now included
Day 22	Breast or formula milk feed	Cereal from grains already fried with apricot Milk feed	Sweet potato and spinach puree or mash Mango and baby rice mash Milk feed	Rice and pea mash Carrot mash Milk feed	Milk feed	
Day 23	Breast or formula milk feed	Cereal from grains already fried Milk feed	Small squares of German rye bread spread with avocado to gurn Milk feed	Broccoli mash Spinach and mango puree Milk feed	Milk feed	
Day 24	Breast or formula milk feed	Cereal from grains already fried Banana mash Milk feed	Swede or yam puree or mash Broccoli mash Milk feed	Lentil and carrot mash Broccoli and oatmeal mash with a little milk Milk feed	Milk feed	Swede or yam
Day 25	Breast or formula milk feed	Cereal from grains already fried Milk feed	Brown rice and spinach mash with a little apricot puree if needed to sweeten Milk feed	Swede or yam puree or mash Spinach and pear puree Milk feed	Milk feed	
Day 26	Breast or formula milk feed	Cereal from grains already fried Pear mash Milk feed	Swede or yam and broccoli puree or mash Milk feed	Sweet potato mash Pea and rice mash Milk feed	Milk feed	
Day 27	Breast or formula milk feed	Cereal from grains already fried Milk feed	Carrot and pea mash Cooked apple puree Milk feed	Lentil and butternut squash mash Soaked oatmeal with pear mash Milk feed	Milk feed	Apple
Day 28	Breast or formula milk feed	Cereal from grains already fried with cooked apple puree Milk feed	Brown rice and spinach mash with a little apricot puree if needed to sweeten Milk feed	Broccoli, quinoa and carrot mash Milk feed	Milk feed	

Notes

- Appetites vary not only with the individual baby but also day to day so look at what is eaten over the week rather than each day before becoming concerned that baby is not eating enough. Consult your healthcare practitioner if your baby doesn't gain weight as they should.
- Continue to give regular breast or formula milk feeds. Whole milk should not be introduced until 12 months.
- Start baby off with pureed foods and increase the texture to mashed then small soft chunks as baby is ready to take these on. This plan is based on puree weaning rather than baby-led weaning but can still be followed with whole, rather than mashed foods. Steam hard foods such as carrots and sweet potatoes and offer in graspable chunks.
- Some babies will need to start with very smooth textures so add liquid as breast or formula milk or some of the water from steaming the vegetables. If a thicker texture is required add a little baby cereal. If you have not done so already consider investing in a good blender which also comes with a nut and seed mill attachment as the need to process hard to digest foods such as seeds will be there for a few years.
- Ideally steam rather than boil vegetables in order to retain more nutrients.
- Ideally have some chunks of the food you are pureeing for baby yourself e.g. sweet potato. Also have some for baby to smell, touch and play with so the transition to 'real' food will be more logical to them.
- Give some foods alone and some mixed so baby gets used to single flavours and textures as well as mixed.
- If baby doesn't like a food continue to offer for the three days of introduction even if they only have one spoon. Then give it a miss for a week or so and try again.
- Initially use baby specific products such as baby rice which are easy to digest but as baby's skills improve also include mashed whole grains such as rice and quinoa.

- The more variety of single flavours the more baby may eat but preparing different foods can be time consuming. Make purees and mash in batches and freeze in date labelled BPA- free containers. Avoid freezing rice which can carry a food poisoning risk. In future stages, meat, fish and dairy need properly re-heating and cooling as they carry a food poisoning risk.
- Introduce new foods every three days and give for three days so you can see if there are any adverse reactions. See the section on food allergies on page 35 for more information. It may seem that it takes a long time to build variety but remember food in itself is new and even as adults we don't get the variety of something totally new every three days.
- Generally start with savoury foods and then offer sweet or the savoury ones are less likely to get eaten. Avoid getting into a routine of always offering sweet foods after a meal and developing this into an expectation.
- Try to include a vegetable with a green colour and orange or red one each day for a nutrient variety.
- Don't add salt or sugar to foods as baby will get used to these flavours and they are not advised at this age.
- At this stage serve food lukewarm or at room temperature.

Meal Plan – one to two years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Waking	Breastfeed or milk if needed						
Breakfast	<p>Cereal Make your own mix, try puffed grains such as wheat, rye and quinoa for a change of texture. Mix with yogurt and milk and add some fresh or defrosted frozen berries. Cup of water.</p>	<p>Egg and toast Boiled Omega-3 egg with wholemeal toast butter and marmite soldiers and cucumber sticks. Cup of milk.</p>	<p>Toast and cream cheese Wholemeal toast with cream cheese and sliced pear. Cup of milk</p>	<p>Bircher style muesli Soak oats in milk and a little apple juice overnight. In the morning add yogurt and grated apple or pear or mango. Offer cold or warmed. Cup of milk or water.</p>	<p>Porridge Soak oats in milk overnight with a teaspoon of stoneground rye flour (to support digestion) and 1-2 finely chopped dried unsulphured apricots. Offer cold or warmed. Cup of milk or water.</p>	<p>Scrambled egg Scrambled egg with wholemeal toast. Try wilting some chopped baby spinach with the egg and serve with halved cherry tomatoes. Cup of milk.</p>	<p>Cereal or porridge as before Cup of milk or water.</p>
Snack	Snack pot of mixed fruits or a single fruit. Vary the types of fruit. Remove pits and stones. If still hungry offer rice or oatcakes or a no-added sugar fruit bar. Breastfeed or cup of milk.						
Lunch	<p>Falafel pitta Wholemeal mini pitta or half pitta with falafels and humous. Try adding some fresh parsley into the humous. Offer with snacking veg. Water.</p>	<p>Chicken wrap Half a small wholemeal wrap or chapatti with chicken, Quorn or tofu, mayonnaise and salad vegetables. Extra snacking veg. Water.</p>	<p>Soup Soup including vegetables and a protein such as beans or lentils. Offer with bread or wholemeal cheese straws. Water.</p>	<p>Fritters Gently fry finely chopped mushrooms and onions in olive oil. Mix with defrosted peas and sweetcorn, wholemeal flour, 1 egg and enough milk to make a stiff batter. Gently fry in olive oil. Offer with snacking veg. Water.</p>	<p>Mushroom omelette Gently fry chopped mushrooms then add fork beaten egg to make an omelette. Offer with potato wedges (cold is fine) or bread and snacking veg. Water.</p>	<p>Beans on toast Wholemeal toast with butter and baked beans (ideally with apple juice instead of sugar) and cucumber slices. Water.</p>	<p>Dippers Chunks of veggie sausage, wholemeal bread sticks and snacking veg with a dip. Try defrosted frozen peas mashed with cream cheese. Water.</p>

Meal Plan - one to two years continued

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Snack	Oatcakes with cream cheese. Breastfeed or cup of milk	Mini rice cakes. Breastfeed or cup of milk	Home-made flapjacks with butter or dairy-free marg, oats, finely chopped soaked apricots and figs and ground seeds. Breastfeed or cup of milk	Oatcakes with banana. Breastfeed or cup of milk	Mini rice cakes. Breastfeed or cup of milk	Home-made flapjack. Breastfeed or cup of milk	No added sugar fruit bar. Breastfeed or cup of milk	
Dinner	Shepherd's Pie Lean organic lamb mince or soya mince mixed with brown lentils, peas and finely chopped carrots, mushrooms, onions and garlic. Try fresh or dried herbs too. Top with potato and cauliflower mash. Offer with steamed vegetables. Water.	Mild curry Vegetable curry with lentils and coconut milk. Chop veg such as carrots, cauliflower, onions, courgettes, spinach, mushrooms and garlic. Start with mild spices such as turmeric, ground coriander and cumin. Offer with brown basmati rice. Yogurt with fruit. Water.	Fish and 3 veg White fish with baby new potatoes and 3 types of steamed veg. If not keen mash the fish with potato. Water.	Meatballs Meatballs with lean organic meat or vegetarian version. Offer with wholemeal spaghetti and tomato and vegetable sauce. Also offer some whole veg such a broccoli and carrots. Water.	Quinoa tabouleh Quinoa or barley couscous with chopped tomatoes, red peppers and cooked carrots, sweet corn and fresh parsley. Add protein such as pine nuts, beans, tofu, chicken or white fish. Offer cold or warm and with tomato sauce if preferred. Water.	Fish cakes Sardines or tofu mashed with cooked sweet potato, butter or marg, rolled in oatmeal and gently fried or baked to make fishcakes. Offer with roasted butternut squash, stringed green beans and broccoli. Water.	Pasta Wholemeal or buckwheat pasta shapes tomato and vegetables sauce and grated cheese. Offer with salad veg. Water.	
Before bed	Cup of milk	Cup of milk	Cup of milk	Cup of milk	Cup of milk	Cup of milk	Cup of milk	

Notes

- Offer similar foods at similar times of the day such as fruit in the morning and crackers in the afternoon. This helps to set a structure and allows for new things to be introduced at main meals without your toddler feeling there is too much change.
- Lunch and dinner are based on including the key food groups: protein, starchy carbohydrates, fats and fruit and vegetables.
- To help young digestive system process foods blend some vegetables into sauces such as tomato sauce. Many veg can be included, try carrot, pepper, broccoli, cauliflower and green cabbage. Also offer some of the vegetables whole with the meal so your toddler gets used to the sight, smell and taste of them.
- The plan allows for your toddler to fit in with family meals, just having a smaller portion. Also introduce new food one at a time and wait three days before you introduce another food to check there is no adverse reaction. Prepare meals without ingredients such as salt and peanuts and add to adult meals later if required.
- Depending on waking time offer milk on waking or as part of breakfast or as a drink after. Through the day offer breastfeeds or about 500ml of full fat cow's, goats, calcium-enriched soya or oat milk or formula a day.
- Offer water through the day.
- Add snacking veg to lunch meals. Make these in graspable chunks which can be eaten out and about if necessary. Try cucumber sticks, red pepper strips, steamed carrot batons, chunks of cooked beetroot, cooked broccoli florets and halved cherry tomatoes.
- Always stay with your toddler when eating to ensure they are safe, there is still a risk of choking on foods at this age.

Meal Plan - two to five years

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Waking							
Breakfast	<p>Cereal Make your own mix. Try flakes such as corn and oat and puffed grains such as wheat, rye and quinoa for a change of texture. Add small seeds such as sesame. Mix with yogurt and milk and add some fresh or defrosted frozen berries. Cup of water.</p>	<p>Egg and toast Baked Omega-3 egg with wholemeal toast butter and marmite soldiers and cucumber sticks. 1 small or half a large fruit. Cup of milk.</p>	<p>Toast and nut butter Wholemeal toast with nut butter such as cashew butter (not peanut in earlier years) and sliced pear, apple or banana. Cup of milk</p>	<p>Bircher style muesli Soak oats and a teaspoon of ground or whole seeds in milk and a little apple juice overnight. In the morning add yogurt and grated apple or chopped pear or mango. Offer cold or warmed. Cup of milk or water</p>	<p>Porridge Soak oats in milk overnight with a teaspoon of stoneground rye flour (to support digestion), a teaspoon of ground or whole seeds and 2 finely chopped dried unspiced apricots. Offer cold or warmed. Cup of milk or water.</p>	<p>Scrambled egg Scrambled egg with wholemeal toast. Try wilting some chopped baby spinach with the egg and serve with halved cherry tomatoes. Cup of milk.</p>	<p>Cereal or porridge as before Cup of milk or water.</p>
Snack							
Lunch	<p>Falafel pitta Wholemeal mini pitta or half pitta with falafels and humous. Try adding some fresh parsley into the humous. Offer with snacking veg. Kids sized fruit smoothie.</p>	<p>Chicken wrap Half a wholemeal wrap or a chapatti with chicken, Quorn or tofu, mayonnaise and salad vegetables. Extra snacking veg. Water.</p>	<p>Soup Soup including vegetables and a protein such as beans or lentils. Offer with bread or wholemeal cheese straws. Water.</p>	<p>Fritters Gently fry finely chopped mushrooms, onions and garlic in olive oil. Mix with defrosted peas and sweetcorn, wholemeal flour, 1 egg and enough milk to make a stiff batter. Gently fry in olive or rapeseed oil. Offer with snacking veg. Water or vegetable juice.</p>	<p>Mushroom omelette Gently fry chopped mushrooms then add fork beaten egg to make an omelette. Offer with potato wedges (cold is fine) or bread and snacking veg. Mini yogurt with strawberries. Water.</p>	<p>Beans on toast Wholemeal toast with butter and baked beans (ideally with apple juice instead of sugar) and cucumber slices. 1 small or half a large fruit. Water</p>	<p>Dippers Chunks of veggie sausage, wholemeal bread sticks and snacking veg with a dip. Try defrosted frozen peas mashed with cream cheese or tomato and olive humous. Kids sized fruit smoothie.</p>

Breastfeed or milk if needed

Snack pot of mixed fruit s or a single fruit. Vary the types of fruit. Remove pips and stones.

Cracker with humous, cream cheese or nut butter.

Milk.

Meal Plan - two to five years continued

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Snack	Wholemeal pizza finger. Make in batches and freeze. Cherry tomatoes and stinging mangle tout. Water.	Mini marmite rice cakes with cashew butter. Chunk of cucumber. Water.	Home-made flapjacks with butter or dairy-free marg, oats, finely chopped soaked apricots and figs and chopped walnuts and seeds. Water.	Mini oatcakes with avocado mashed with a little lemon juice as a dip. Half a banana. Water.	Fruit and nut bar, choose one with no added sugar. Water.	Half a whole-wheat bagel with cream cheese and avocado. Water.	Home-made flapjack. Handful of berries. Water.
Dinner	Shepherd's Pie Lean organic lamb mince or soya mince mixed with brown lentils, peas and finely chopped carrots, mushrooms, onions and garlic. Try fresh or dried herbs too. Top with potato and cauliflower mash. Offer with steamed vegetables or salad. Water.	Mild curry Vegetable curry with lentils and coconut milk. Chop veg such as carrots, cauliflower, onions, courgettes, spinach, mushrooms and garlic. Start with mild spices such as turmeric, ground coriander and cumin. Can then use mild curry powder. Offer with brown basmati rice. Yogurt with fruit. Water.	Fish and 3 veg White fish with baby new potatoes and 3 types of steamed veg. If not keen mash the fish with potato. Water.	Meatballs Meatballs with lean organic meat or vegetarian version. Offer with wholemeal spaghetti and tomato and vegetable sauce. Also offer some whole veg such as broccoli and carrots. Water.	Quinoa tabouleh Quinoa, barley couscous or brown rice with chopped tomatoes, red peppers and sweet corn and fresh parsley. Add protein such as pine nuts, beans, seaweed flakes, chicken or white fish. Offer cold or warm with stir-fried veg and tomato sauce if preferred. Water.	Fish cakes Sardines or tofu mashed with cooked sweet potato, butter or marg, rolled in oatmeal and gently fried or baked to make fishcakes. Offer with roasted butternut squash, stringed green beans and broccoli. Yogurt with fruit. Water.	Sunday Roast Sunday roast with lean meat or nut roast, potatoes and 3 types of vegetables such as asparagus, green cabbage and carrots. Fruit crumble with custard. Water.
Before bed	Cup of milk	Cup of milk	Cup of milk	Cup of milk	Cup of milk	Cup of milk	Cup of milk



Notes

- Offer similar foods at similar times of day such as fruit in the morning and crackers in the afternoon. This helps to set a structure and allows for new things to be introduced at main meals without your child feeling there is too much change.
- Main meals are based on including the key food groups: protein, starchy carbohydrates, fats and fruit and vegetables.
- To help young digestive system process foods and to sneak more vegetables in if your child is being resistant, blend some vegetables into sauces such as tomato sauce. Also offer some of the vegetables whole with the meal so your child gets used to the sight, smell and taste of them.
- The plan allows for your child to fit in with family meals, just having a smaller portion. Also introduce any new foods one at a time and wait three days before you introduce another food to check there is no adverse reaction. Prepare meals without ingredients such as salt and peanuts and add to adult meals later if required.
- From the age of two years children can have semi-skimmed rather than full fat milk as long as they are getting enough calories and growing well. Give about 300ml of cows, goats, calcium enriched soya or oat milk a day. If you are breastfeeding this can account for some of the milk intake. Even one feed a day still provides valuable immune support.
- Offer water through the day.
- Add snacking veg to lunch meals. Make these in graspable chunks which can be eaten out and about if necessary. Try cucumber sticks, red pepper strips, mange tout or sugar snap peas, steamed carrot batons, chunks of cooked beetroot, cooked broccoli florets and halved cherry tomatoes.
- If your child is having a main meal at nursery or pre-school at lunch time you can swap the lunch choices to become quick to prepare dinners.
- Always stay with your child when eating to ensure they are safe.