

FOOD CHART FOR 2 YEAR OLD

	BREAKFAST	MM SNACK	LUNCH	ME SNACK	DINNER
MON	Puri with potato curry	Mixed vegetable soup	Roti with daal	Cut fruits	Ragi porridge
TUE	Dosa with coconut chutney/sambar	Tomato soup	Rice and fish curry	Mixed fruits milkshake	Rice kheer
WED	Suji sheera/upma	Beetroot soup	Dal khichdi	Eggs boiled/scrambled	Raw banana porridge
THUR	Idli with chutney/sambar	Spinach soup	Chicken with rice/roti	Vegetable cutlet	Pasta in tomato base
FRI	Bread with butter/ghee	Gruel water or kanji pani	Curd rice with vegetable stir fry	Roasted nuts with almond milk	Fish curry with rice/roti
SAT	Roti with any vegetable stir fry/ chocos/muesli with milk	Chicken soup	Roti with vegetable kuruma/aviyal	Brown bread cheese pizza	Dal khichdi with veggies
SUN	Bread omelette	Butter milk	Vegetable pulav	Poha	Tomato rice

NOTES :

- You can start the day with a cup of whole cream milk for your 2 year old
- 1 – 2 puris/ rotis and 1 cup rice per serving
- Juices can be served along / after lunch
- You can see your toddler's likes and taste so that you can customise this food chart
- 1- 2 teaspoons of ghee can be used for a 2 year old everyday
- Food should be provided every 4 hours
- Do not force feed. Let him eat by himself.
- Provide water at the end of each meal