

This meal plan can give you inspiration on what to feed your growing toddler. To understand how this meal plan was made and how best to use it, please see our article on [toddler meal plans](#).

	Breakfast	Lunch	Evening snack	Dinner
Monday	<ul style="list-style-type: none"> • Hard-boiled egg with toast • Glass of milk 	<ul style="list-style-type: none"> • Bottle gourd (<i>lauki/doodhi</i>) kofta curry • Rice/<i>chapati</i> 	<ul style="list-style-type: none"> • Banana (<i>kela</i>) 	<ul style="list-style-type: none"> • Chicken with dried fenugreek leaves (<i>kasoori methi</i>) • <i>Chapati</i>
Tuesday	<ul style="list-style-type: none"> • Ragi (<i>nachni</i>) porridge with milk and chopped nuts 	<ul style="list-style-type: none"> • Pink lentil (<i>dhuli masoor</i>) dal • Mushroom (<i>kumbh</i>), peas (<i>matar</i>) and corn (<i>makka</i>) <i>sabzi</i> • Rice/<i>chapati</i> 	<ul style="list-style-type: none"> • Apple (<i>seb</i>) 	<ul style="list-style-type: none"> • Mixed vegetable <i>khichdi</i> • Curd
Wednesday	<ul style="list-style-type: none"> • <i>Idli</i> and <i>sambhar</i> • Glass of buttermilk 	<ul style="list-style-type: none"> • Chickpea (<i>chhole</i>) curry • Rice • Pomegranate (<i>anaar</i>) <i>raita</i> 	<ul style="list-style-type: none"> • Grapes (<i>angoor</i>) 	<ul style="list-style-type: none"> • Mutton and vegetable stew • <i>Appam</i>
Thursday	<ul style="list-style-type: none"> • <i>Uttapam</i> • Coconut (<i>nariyal</i>) chutney • Glass of buttermilk 	<ul style="list-style-type: none"> • Mustard (<i>rai/sarson</i>) fish (boneless) curry • Eggplant (<i>baingan</i>) <i>sabzi</i> • Rice/<i>chapati</i> 	<ul style="list-style-type: none"> • Watermelon (<i>tarbooj</i>) 	<ul style="list-style-type: none"> • Black-eyed pea (<i>lobhia</i>) curry • Colocasia (<i>arbi</i>) cutlets • <i>Chapati</i>
Friday	<ul style="list-style-type: none"> • <i>Moong dal cheela</i> with chopped vegetables • Glass of milk 	<ul style="list-style-type: none"> • Vegetable <i>pulao</i> • Carrot (<i>gajar</i>) <i>raita</i> 	<ul style="list-style-type: none"> • Pear (<i>nashpati</i>) 	<ul style="list-style-type: none"> • Chicken <i>biryani</i> • Pineapple (<i>annanas</i>) <i>raita</i>
Saturday	<ul style="list-style-type: none"> • Wheat porridge (<i>daliya</i>) with dates (<i>khajoor</i>) and milk 	<ul style="list-style-type: none"> • <i>Kadhi</i> • Cumin (<i>jeera</i>) potato (<i>aloo</i>) <i>sabzi</i> • Rice 	<ul style="list-style-type: none"> • Orange (<i>santara</i>) 	<ul style="list-style-type: none"> • Soya and mushroom (<i>kumbh</i>) curry • <i>Chapati</i>
Sunday	<ul style="list-style-type: none"> • Mixed vegetable <i>poha</i> • Glass of milk 	<ul style="list-style-type: none"> • Mung bean (<i>moong</i>) <i>dal</i> • Okra (<i>bhindi</i>) <i>sabzi</i> • <i>Chapati</i> 	<ul style="list-style-type: none"> • Mango (<i>aam</i>) 	<ul style="list-style-type: none"> • Mutton mince meat (<i>keema</i>) with peas (<i>matar</i>) • Rice