A PRACTICAL PRINTABLE FOR BUSY FAMILIES

TODDLER MEAL PREP & WEEKLY PLANNER

Plan a little. Prep a little. Make the week feel easier.

PLAN	SHOP	PREP	SERVE

THE GOAL IS LESS STRESS—NOT A PERFECT MENU.
Use this guide to plan familiar meals, make a short grocery list, prepare a few ingredients ahead, and keep one easy backup meal ready. Repeat foods your toddler enjoys and adjust the plan as the week changes.

YOUR 15-MINUTE WEEKLY RESET

01 **Choose meals** Pick a few easy breakfasts, lunches, and dinners your family already likes.	**02** **Check your kitchen** Use what you have first. Write down only what is missing.
03 **Pick two prep jobs** Maybe cook a grain, wash produce, or portion snacks.	**04** **Plan a backup** Choose one simple meal for nights when plans change.

THIS WEEK, I WANT MEALTIMES TO FEEL…

■ Easier ■ Less rushed ■ More organized ■ More affordable ■ Less wasteful ■ More varied

Caregiver: _____ Week of: _____

A GENTLE REMINDER
Toddlers may eat more one day and less the next. Offer a variety of appropriate foods without pressure. Your child's appetite, preferences, and skills can change. Follow professional guidance for allergies, special diets, feeding difficulties, or swallowing concerns.

Your Weekly Meal Map

Write simple ideas in the spaces. Repeating a favorite meal is perfectly fine.

DAY	BREAKFAST	LUNCH	DINNER	SNACK / PREP NOTE
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

MY FAMILY'S EASY-MEAL SHORTLIST

GO-TO BREAKFASTS		GO-TO LUNCHES	
GO-TO DINNERS		BACKUP MEAL	

MAKE THE PLAN WORK FOR REAL LIFE
Use leftovers safely, swap meals between days, and leave open space for family favorites or schedule changes. You do not need to cook seven different dinners.

The Grocery List

Check your pantry and fridge first. Add only what you need for the meals you chose.

PRODUCE
■ Bananas / soft fruit ■ Berries ■ Applesauce
■ Sweet potatoes ■ Peas / broccoli ■ Other: _____
PROTEIN & DAIRY
■ Eggs ■ Plain yogurt ■ Beans / lentils
■ Chicken / turkey ■ Cheese ■ Other: _____
GRAINS & PANTRY
■ Oatmeal ■ Pasta ■ Rice / quinoa
■ Bread / tortillas ■ Low-sodium broth ■ Other: _____
FREEZER & QUICK HELPERS
■ Frozen vegetables ■ Frozen fruit ■ Frozen pancakes
■ Canned beans ■ Backup meal ■ Other: _____

A SIMPLE MIX-AND-MATCH MEAL

1. PRODUCE Fruit or vegetable	2. PROTEIN Protein food	3. GRAIN / STARCH Grain or starchy food

Foods my toddler usually enjoys: _____

Something new I may offer alongside a familiar food: _____

The Meal-Prep Session

A flexible 45–60 minute reset. Choose only the steps that fit your week.

SET UP | 5–10 MINUTES

■ Review the meal plan and grocery list ■ Wash hands and clear the work area ■ Gather containers, labels, and utensils

PREP THE BASICS | 15–25 MINUTES

■ Wash and prepare produce safely ■ Cook one grain or starch ■ Prepare one protein or main ingredient ■ Make one breakfast or snack option

PORTION & STORE | 10–15 MINUTES

■ Divide food into meal-sized portions ■ Label containers with food name and date ■ Refrigerate or freeze food promptly ■ Keep raw foods separate from ready-to-eat foods

RESET FOR TOMORROW | 5–10 MINUTES

■ Clean surfaces and put ingredients away ■ Move soon-to-use foods where they are easy to see ■ Choose tomorrow's easiest meal

MY TOP TWO TIME-SAVING TASKS

1	
2	
Prep day / time	

LET YOUR TODDLER HELP—SAFELY
With close adult supervision, toddlers may help wash sturdy produce, stir cool ingredients, carry napkins, or choose between two foods. Keep knives, hot liquids, appliances, and choking hazards out of reach.

Quick Ideas & Food-Safety Notes

Keep this page handy when you need an easy idea or a reminder about safe storage and serving.

EASY FOODS TO ROTATE

BREAKFAST / SNACK	LUNCH / DINNER	BACKUP IDEAS
• Oatmeal • Plain yogurt with soft fruit • Soft scrambled egg • Applesauce • Soft pancakes	• Pasta with sauce • Rice and beans • Soft-cooked vegetables • Tender shredded chicken • Flaked fish	• Egg and toast strips • Pasta and peas • Beans with soft rice • Yogurt and fruit • Safely stored leftovers

FOOD SAFETY: FOUR HABITS TO REMEMBER

CHILL PROMPTLY Keep the refrigerator at 40°F (4°C) or below and freezer at 0°F (-18°C). Refrigerate perishable food within 2 hours—or within 1 hour when it is hotter than 90°F.	**DATE & USE** Store food in shallow containers and label it. Most cooked leftovers should be used within 3–4 days or frozen for longer storage.
KEEP FOODS SEPARATE Wash hands and produce. Keep raw meat, poultry, seafood, and their juices away from ready-to-eat foods.	**REHEAT CAREFULLY** Reheat leftovers thoroughly. Use a food thermometer when appropriate and let food cool to a safe eating temperature before serving.

CHOKING PREVENTION IS ESSENTIAL

Avoid whole grapes or cherry tomatoes, whole nuts, popcorn, hard raw vegetable pieces, large chunks of meat or cheese, round hot-dog/sausage slices, and thick spoonfuls of nut butter. Modify food size, shape, and texture for your child's developmental eating skills. Have your child sit upright and supervise closely throughout every meal and snack. Ask your child's healthcare professional for advice if you have feeding or swallowing concerns.

TRUSTED RESOURCES

CDC choking hazards: cdc.gov/infant-toddler-nutrition/choking-hazards • FoodSafety.gov storage charts: foodsafety.gov/cold-food-storage • CDC food safety: cdc.gov/food-safety

For general planning and education only; not individualized nutrition or medical advice.