



ARTICLE

Meal Plan for Toddlers and Preschoolers

As per the recommended dietary allowances for Indians, a child aged 1-3 years should consume approximately 1,060 kcal/day while those aged 4-6 years should consume approximately 1,350 kcal/day.

11 mins read

Healthy Food Chart & Meal Plan for 2-5 year old Kids

Creating a healthy diet plan for kids is crucial, especially in the years of their growth. With the amount and variety of food out there, ensuring that your kids eat healthy can be quite a task. A healthy diet plan for kids sets the base for substantial growth. Looking out for your kid, you always want the best for them, and [ensuring mental & physical development in the early childhood \(2-5 years\)](#) phase is important. Hence, a healthy diet chart for 2-5 year old kids helps in supporting their growth & development. While creating a healthy diet chart for 2-5 year old Indian kids, some things are absolutely necessary to be remembered when trying to feed the kids

- a) Foods rich in protein and energy are important at this stage like – milk, eggs, peanut butter
- b) Creating a relaxed atmosphere during meals encourages eating
- c) Kids palates aren't highly developed, hence avoid serving highly flavoured and spicy foods
- d) Ensure that your kid eats the right amount from each food group for [complete nutrition](#)
- e) Small portions served at frequent intervals helps



Veg Plan: 2-3 year

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Early-Morning (7-8 AM)	1 cup milk with dried fruits and 1 tsp. jaggery/ honey*	1 cup milk with almonds and 1 tsp. Jaggery/ honey*	1 cup milk with dry fruits and 1 tsp. Jaggery/ honey*	1 cup of banana milk shake with 1 tsp. jaggery / honey*	1 cup of milk with dry fruits and 1 tsp. Jaggery/ honey*	1 cup of milk with 1 tsp. Jaggery/ honey*	1 cup of mango milkshake with 1 tsp. jaggery/ honey*
Breakfast (8:30-9:30 AM)	Vegetable Rava Upma: ½ cup, Apple: 1 no	NESTLÉ CEREGROW™ - 1 bowl	Idli: 1 no., coconut chutney: 2 Tbsp	NESTLÉ CEREGROW™ - 1 bowl	Veg Poha: 1 cup	NESTLÉ CEREGROW™ - 1 bowl	Oatmeal porridge with fruits & raisins: 1/2 cup
Mid-Morning (11-11:30 AM)	Corn soup: 1/2 cup, Banana: 1 No.	Veg. roll: 1, Water melon: ½ cup	Orange juice: 1 cup	Mixed Veg soup: ½ cup, Pineapple: ½ cup	Orange: 1 no.	Papaya: 1 cup, dates: 4-5 nos.	Banana: 1 no
Lunch (1-2 PM)	Rice: ½ cup, drumstick dal: ½ cup, ghee: 1 tsp, curd: ½ cup	Vegetable Pulao: ½ cup, raita: ½ cup	Rice: ½ cup, dal palak: ½ cup, ghee: 1 tsp, curd: ½ cup	Mixed vegetable rice: 1/2 cup, dal fry: 1/2 cup	Rice: ½ cup, bottle gourd dal : ½ cup, ghee: 1 tsp	Chapatti: 1 No., ghee: 1 tsp., carrot and potato vegetable - ½ cup	Rice: ½ cup, Green gram dal: ½ cup, ghee: 1 tsp, curd: ½, cup
Evening Snack (4:30-5:30 PM)	Paneer sandwich: 1 no.	Fresh mango juice: 1 cup	Ragi laddoo = 1 no, Banana = 1	Besan laddoo: 1 no. Musk melon: ½ cup	Vegetable cutlet: 1 no., Lassi: ½ cup	Carrot soup: 1 cup	Fruit salad: 1 cup
Dinner (7:30-8:15)	Potato Peas paratha: 1 no., curd: ½ cup	Chapatti : 1 no, ghee: 1 tsp, Beetroot vegetable: ½ cup	Vegetable Kichadi: ½ cup, curd: 1/2 cup	Vegetable noodles: ½ cup	Paratha: 1 no., dal fry: ½ cup, ghee: 1 tsp	Vegetable pasta: ½ cup	Chapatti: 1 no, panner and peas vegetable ½ cup, ghee: 1 tsp

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Post-dinner (9 Pm)	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*

The above meal plan is suggested for a healthy child above 2 years of age.
Not for use under any medical conditions. Please consult a registered dietitian for more guidance.



Non-Veg Plan: 2-3 Years

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Early-Morning (7-8 AM)	1 cup milk with dried fruits and 1 tsp. jaggery/ honey*	1 cup banana milk shake with 1 tsp. jaggery/ honey*	1 cup milk with dried fruits and 1 tsp. jaggery/ honey*	1 cup milk with almonds and 1 tsp. Jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup chikoo milkshake with 1 tsp. jaggery/ honey*	1 cup milk with dried fruits and 1 tsp. jaggery
Breakfast (8:30-9:30 AM)	Dosa: 1 no, groundnut chutney: ½ cup	NESTLÉ CEREGROW™ - 1 bowl	Bread omelet: 1 no.	NESTLÉ CEREGROW™ - 1 bowl	Vegetable vermicilli upma: ½ cup	NESTLÉ CEREGROW™ - 1 bowl	Onion Uthupam: 1 no, coconut chutney: ½ cup
Mid-Morning (11-11:30 AM)	Beetroot Carrot soup: 1 cup	Fruit salad: 1 bowl	Chicken soup: ½ cup	Orange: 1 no	Papaya: 1 cup	Lentil soup: 1 cup	Grapes: 1 cup
Lunch (1-2 PM)	Rice with green peas: ½ cup, chicken curry: ½ cup,	Chapatti: 1 no., scrambled egg with veggies: ½ cup	Rice: ½ cup, tomato dal: 1 cup, chicken fry: 1 piece	Egg paratha: 1 no.	Chapatti: 1 no, chicken with capsicum gravy: ½ cup	Paratha: 1 no., egg curry: ½ cup	Egg fried rice: ½ cup
Evening Snack (4:30-5:30 PM)	Banana: 1 no.	Chicken cutlet: 1 no.	Banana with mango smoothie: ½ cup	Paneer cutlet: 1 no.	Vegetable sandwich: 1 no	Banana: 1	Carrot kheer: ½ cup
Dinner (7:30-8:15)	Methi Paratha: 1, curd: ½ cup	Vegetable fried rice: 1/2 cup	Chapatti: 1 no., palak panner: ½ cup	Chicken fried rice: ½ cup	Jeera and peas pulav: ½ cup Raita: ½ cup, dal: 1/2 cup	Mixed vegetable rice: ½ cup, dal: 1/2 cup	Potato paratha: 1 no., curd: ½ cup

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Post-dinner (9 Pm)	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*

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Veg Plan: 4-6 year

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Early-Morning (7-8 AM)	1 cup milk with dried fruits and 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with dried fruits and 1 tsp. jaggery/ honey*	1 cup milk with 1 tsp. jaggery/ honey*	1 cup milk with dates and 1 tsp. jaggery/ honey*	1 cup milk with dried fruits and 1 tsp. jaggery/ honey*	1 cup chikoo milkshake with 1 tsp. jaggery/ honey*
Breakfast (8:30-9:30 AM)	Ragi dosa: 1 no., groundnut chutney: ½ cup.	NESTLÉ CEREGROW™ - 1 bowl	Grilled vegetable sandwich: 1	NESTLÉ CEREGROW™ - 1 bowl	Dhalia (broken wheat) with vegetable upma: 1 cup	NESTLÉ CEREGROW™ - 1 bowl	Rava idli: 2 nos., coconut chutney: 2 tbsp
Mid-Morning (11-11:30 AM)	Banana: 1 no.	Apple banana smoothie: 1 cup	Apple juice: 1 cup	Vegetable cutlet: 1 no	Fruit salad: 1 cup	Pomegranate, banana, strawberry smoothie: 1 cup	Fruit salad: 1 cup
Lunch (1-2 PM)	Rice: 1 cup, potato and tomato curry: 1 cup, cucumber salad: ½ cup	Rice: 1 cup, Rajmah curry: 1 cup	Chapatti: 1 no., capsicum and paneer gravy: 1 cup	Corn and mint rice: 1 cup, dal tadka: 1/2 cup, raita: ½ cup	Pasta with carrot and peas: 1 cup	Vegetable khichdi: 1 cup, curd: 1/2 cup	Rice: ½ cup, dal palak: 1 cup, curd: ½ cup
Evening Snack (4:30-5:30 PM)	Vegetable cutlet: 1 no.	Strawberry: 1 cup	Spinach soup: 1 cup	Fresh mango juice: 1 cup	Vegetable roll – 1 no	Besan Halwa: ½ cup.	Paneer bread roll: 1 no

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Dinner (7:30-8:15)	Panner paratha: 1 no., curd: 1/2 cup	Vegetable noodles: 1 cup	Vegetable fried rice: 1 cup	Peas and potato stuffed paratha: 1 no., cucumber and carrot salad : ½ cup	Chapatti: 1 no., mixed vegetable kurma: 1 cup	Mixed vegetable rice: 1 cup, dal tadka: 1/2 cup	Cabbage stuffed paratha: 1 no., dal: 1/2 cup
Post-dinner (9 Pm)	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*

The above meal plan is suggested for a healthy child above 4 years of age.

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Non-Veg Plan: 4-6 year

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Early-Morning (7-8 AM)	1 cup milk with dates and 1 tsp. jaggery/honey	1 cup apple-banana smoothie with 1 tsp jaggery/honey	1 cup milk with dates and 1 tsp. jaggery	1 cup strawberry - walnut milk shake with 1 tsp. jaggery/honey*	1 cup papaya milkshake with 1 tsp. jaggery/honey*	1 cup apple milkshake with 1 tsp jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey
Breakfast (8:30-9:30 AM)	Egg vegetable sandwich: 1 no.	NESTLÉ CEREGR TM - 1 bowl	Masala dosa stuffed with potato filling: 1 no.	NESTLÉ CEREGR TM - 1 bowl	Multi grain dosa: 1 no. mint chutney: 2 tbsp	NESTLÉ CEREGR TM - 1 bowl	Vegetable poha: 1 bowl
Mid-Morning (11-11:30 AM)	Fruit salad: 1 cup	Orange: 1 no.	Mango lassi: 1 cup	Banana: 1 no.	Grapes : 1 cup	Sweet corn vegetable soup: 1 cup	Pomegranate: 1 cup
Lunch (1-2 PM)	Vegetable rice: 1 cup, dal: ½ cup, corn salad: 1/2 cup	Mixed Vegetable pulav: 1 cup, dal makhani: 1 cup	Lemon rice: 1 cup, dal palak: 1 cup	Rice: 1 cup, Dal with beans - 1 cup,Fish fry - 1 no	Vegetable Khichdi: 1 cup, curd: 1 cup	Tomato rice: 1 cup, Cucumber raitha: 1 cup	Vegetable fried rice: 1 cup
Evening Snack (4:30-5:30 PM)	Grape fruits: 1 cup	Ragi cookies: 2 nos	Chicken roll: 1 no.	Dry fruits Suji porridge: 1 cup	Chicken and vegetable patties: 1 no	Fruit salad : 1 cup	Beetroot halwa: 1 cup
Dinner (7:30-8:15)	Chapattis - 1 No., Mutton curry:1 cup,Cucumber salad - 1 cup	Rice: 1 cup, Masoor dal: 1 cup, Cucumber: 3-4 slices	Potato paratha: 1 no., curd: ½ cup	Chicken fried rice with vegetables: 1 cup, cucumber salad: 1/2 cup	Palak and corn Paratha: 1 no., curd: ½ cup	Chicken noodles: 1 cup	Chapati no, egg curry: 1 cup

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Post-dinner (9 Pm)	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*	1 cup milk with 1 tsp. jaggery/honey*

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**Honey plays a crucial role in taste development, particularly in early life, as it introduces infants to a diverse range of flavors and helps shape their palate. However, honey can contain the bacteria that may cause infant botulism. Consequently, honey should not be introduced before 12 months of age unless the spores of Clostridium botulinum have been inactivated by adequate high-pressure and high-temperature treatment, as used by industry.*

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