



## 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
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
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
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.
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
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
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
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

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
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
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
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
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
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
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
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

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## Veg Plan: 4-6 year

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
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
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
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
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
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.
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
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

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
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
Breakfast (8:30-9:30 AM)	Egg vegetable sandwich: 1 no.	NESTLÉ CEREGROW™ - 1 bowl	Masala dosa stuffed with potato filling: 1 no.	NESTLÉ CEREGROW™ - 1 bowl	Multi grain dosa: 1 no. mint chutney: 2 tbsps	NESTLÉ CEREGROW™ - 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
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
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
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
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

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

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