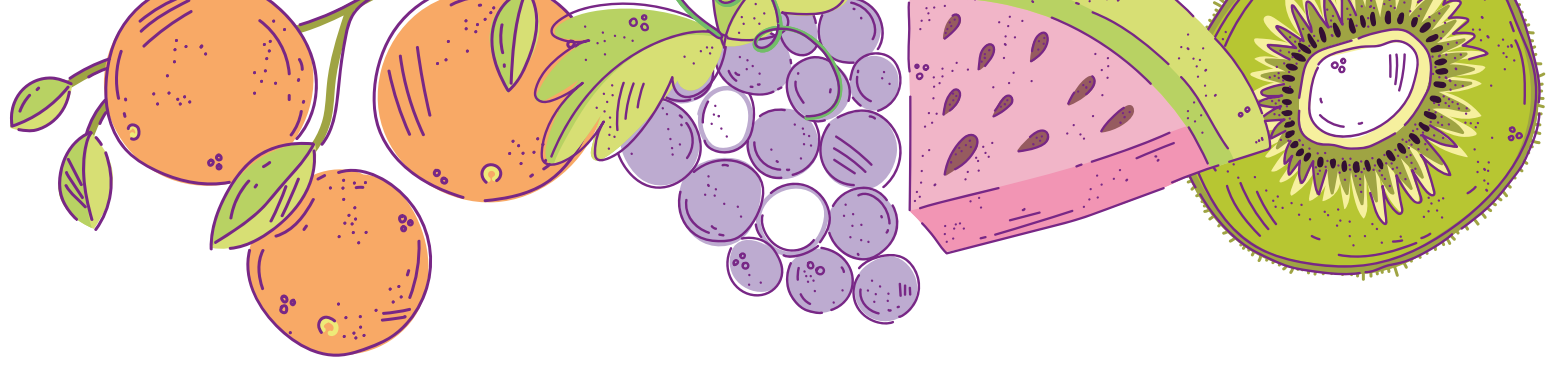
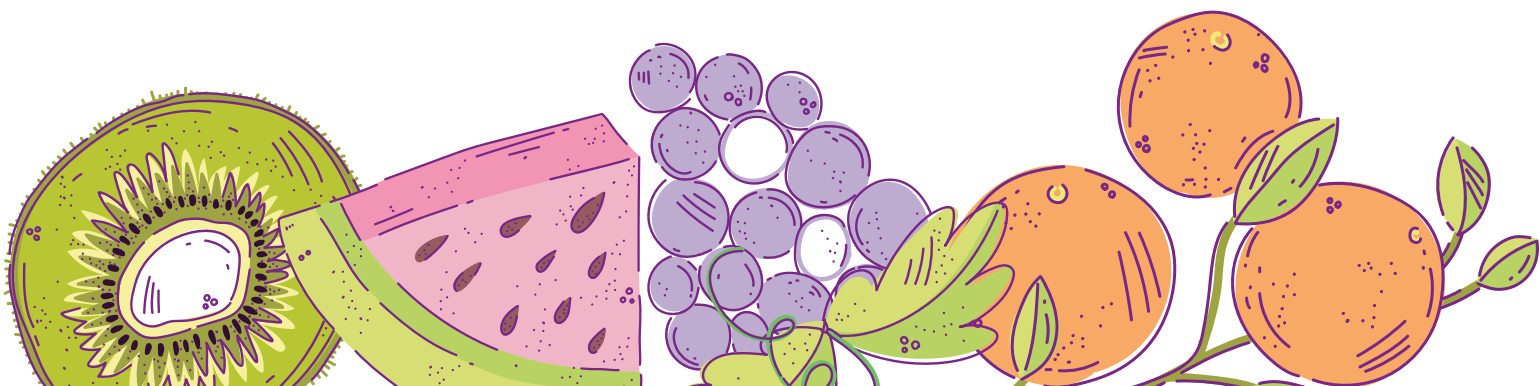
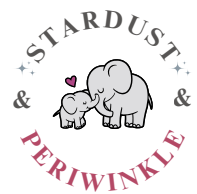


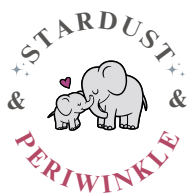


Sample Weekly Meal Plan



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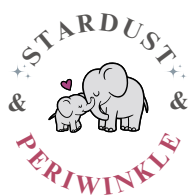
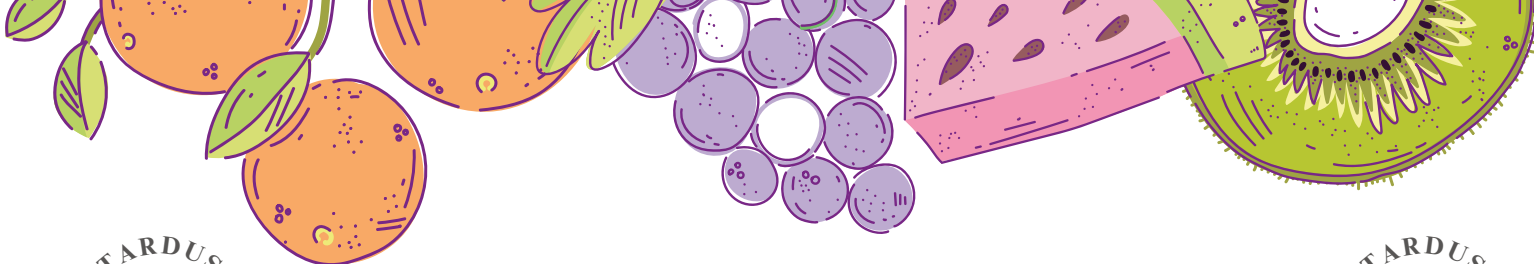


Weekly Meal Plan

Monday	Breakfast	Snack	Lunch	Snack
	Blueberry-oat pancakes	Cheese cubes + cucumber sticks	Veggie mac & cheese	Apple slices + rice cake
Tuesday	Breakfast	Snack	Lunch	Snack
	Scrambled egg/ avocado mash (veg) & toast fingers	Blueberries + banana	Hummus & grated carrot sandwich	Fruit yogurt topped with dry-fruits powder
Wednesday	Breakfast	Snack	Lunch	Snack
	Overnight oats with blueberries + banana	Whole wheat crackers + sliced cheese	Spinach & corn quesadilla	Grapes (cut age suitable) + rice cake
Thursday	Breakfast	Snack	Lunch	Snack
	Banana-oat pancakes	Greek yogurt + blueberry swirl	Mild lentil OR chicken soup with rice	Sliced apple + cream cheese toast
Friday	Breakfast	Snack	Lunch	Snack
	French toast fingers egg OR milk+ honey+cinnamon (veg)	cucumbers + cherry tomatoes (cut age suitable) + hummus	Veggie / chicken pasta with grated cheese	Banana + Rice cake

Note: This is a suggested meal plan only. Eliminate/substitute any allergens. Ensure to cut all foods to age appropriate sizes. Feel free to modify foods to individual preferences. Dinners are out of the family pot.

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Suggested Grocery List

Fresh Produce

- Blueberries
- Bananas
- Apples
- Carrots
- Cucumbers
- Cherry Tomatoes
- Spinach
- Mixed vegetables
(frozen OR fresh)
- Avocados

Grains & Pantry

- Rolled Oats
- Whole wheat bread
- Rice
- Pasta
- Pancake mix
- Rice cakes
- Hummus
- Dry fruit mix
- Crackers

Dairy & Protein

- Milk
- Cheese
- Greek yogurt
- Cream cheese
- Eggs
- Lentils (yellow or red)
- Chicken

PRO TIP: Weekends are for family favorites and leftovers. A breakfast mixed-fruit smoothie on the weekend will allow for fresh restock of produce for the next week.

Note: The intention is to use up most of the fresh produce and boxes of packaged ready-to-eat food within 1 week. The fridge and pantry can be restocked fresh each week. Also consider any leftover grocery from the previous week.