

Feeding a Toddler Cheat Sheet

I feel like I was feeding my toddler the same thing all the time. I made this cheat sheet to put on the fridge to help me when prepping meals and making the grocery list. I left space so you can print it and add your own stuff.

Fruits/Veggies
Apples
Carrots
Bananas
Berries
Avocado
Cucumbers
Oranges/mandarines

Snacks
Crackers
Naan Bread
Pretzels
Cookies
Hard Boiled Egg
Sausage/Ham

Mains
Pizza in all forms
Sandwiches
Pasta
Soup
Toast
French Toast
Waffles/Pancakes
Yogurt
Oatmeal
Chicken Fingers
Eggs

Sandwiches
Grilled Cheese
Ham and Cheese
PB & J
PB & Banana
Cream Cheese