



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 |

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| 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* |

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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 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 tbsp | NESTLÉ CEREGROW™ - 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, egg curry: 1 cup |

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| 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.*

Whenever honey is used in our products, it undergoes an externally validated treatment that ensures our products are safe to consume.