

3-DAY TODDLER MEAL PLAN & GROCERY LIST

Grocery List

Produce

- Bananas
- Blueberries (fresh or frozen)
- Strawberries
- Apples
- Watermelon
- Carrots (baby or whole for steaming)
- Broccoli (2–3 heads or bags)
- Sweet potatoes (2–3 medium)
- Green beans (fresh or frozen - personally, I buy as much as I can frozen)
- Spinach (fresh or frozen, 1 bag)
- Stir-fry veggie mix (or separate: bell peppers, snap peas, carrots, onion)

Other

- Olive oil or cooking spray (for cooking veggies & stir-fry)
- Seasonings (salt, pepper, garlic, onion powder, Italian herbs—optional)

Proteins & Dairy

- Ground turkey (for quesadillas + meatballs)
- Shredded cheese (or dairy-free alternative for quesadilla)
- Chicken breast or tenders (for pasta + stir-fry)
- Salmon fillet (1 lb or 2 smaller pieces)
- Yogurt (regular or non-dairy alternative)

Grains & Pantry

- Tortillas (for quesadillas)
- Oats (for oatmeal)
- Rice (white or brown)
- Mini ravioli (fresh, frozen, or shelf-stable)
- Marinara sauce (1 jar)
- Waffles (frozen blueberry or make-ahead)
- Pasta (1 box, for one-pot chicken pasta)
- Cheerios (or similar cereal - I actually buy the generic version from Publix)

Kiera Laake

3-Day Meal Plan

Day 1

Breakfast	Banana pancakes (egg-free) + blueberries
Lunch	Turkey & cheese quesadilla + steamed carrots
Dinner	One-pot chicken pasta with broccoli
Snack	Yogurt + fruit

Day 2

Breakfast	Oatmeal with strawberries
Lunch	Turkey meatballs + broccoli
Dinner	Salmon + mashed sweet potatoes + green beans
Snack	Cheerios

Day 3

Breakfast	Blueberry waffle + apples
Lunch	Mini ravioli with marinara + spinach
Dinner	Chicken stir-fry with rice and veggies
Snack	Watermelon

Kiera Laska