

Weekly Meal Plan Template

Plan brain-building meals for the week with key nutrients highlighted – post this on your fridge

A toddler's brain uses 50% of their total energy intake. Every meal is a chance to fuel (or starve) neurodevelopment. This template highlights the brain nutrients that matter most: iron, zinc, omega-3 DHA, choline, and B vitamins.

Daily Nutrient Targets (Ages 1-3)

CALORIES 1,000-1,400/day	PROTEIN 13 g/day	IRON 7 mg/day
ZINC 3 mg/day	DHA 100-150 mg/day	CHOLINE 200 mg/day
CALCIUM 700 mg/day	FIBER 19 g/day	VITAMIN D 600 IU/day

Week of: _____

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast							
AM Snack							
Lunch							
PM Snack							
Dinner							

Brain-Building Meal Ideas By Nutrient

TARGET NUTRIENT	BREAKFAST IDEAS	LUNCH/DINNER IDEAS	SNACK IDEAS
Iron (7 mg/day)	Scrambled eggs with spinach; fortified oatmeal with hemp seeds	Mini meatballs with lentil pasta; beef & bean chili; chicken liver pate on toast	Hummus with bell pepper strips; edamame
DHA/Omega-3	Salmon patties with eggs; chia pudding with berries	Fish tacos (salmon or cod); sardine mash on crackers; shrimp stir-fry	Smoked salmon on cream cheese; walnuts (crushed); chia seed yogurt
Choline (200 mg)	2 eggs (300 mg choline); egg muffin cups	Chicken with broccoli; beef and potato; liver pate on bread	Hard-boiled egg; edamame; peanut butter on toast
Zinc (3 mg)	Yogurt with pumpkin seeds; cheese omelet	Ground beef taco bowl; chicken thigh shredded; lamb and rice	Cheese cubes; cashew butter on banana; pumpkin seeds
B Vitamins	Whole grain toast with egg and avocado; banana oatmeal	Turkey and avocado wrap; bean and cheese quesadilla	Nutritional yeast on popcorn; sunflower seed butter; banana

Sample Brain-Optimized Week

MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast	Eggs + avocado toast	Oatmeal + berries + hemp seeds	Banana pancakes (egg + banana)	Yogurt + granola + chia	Scrambled eggs + cheese	Salmon patties + fruit	Free to be
Lunch	Mini meatballs + peas + pasta	Bean & cheese quesadilla + guac	Chicken soup + bread	Fish tacos + rice	PB&J + carrot sticks	Lentil soup + bread	Turkey roll
Dinner	Salmon + sweet potato + broccoli	Beef chili + cornbread	Chicken thigh + rice + beans	Liver pate on toast + veggies	Shrimp stir-fry + noodles	Lamb meatballs + couscous	Egg rice ed
Snacks	Apple + almond butter	Cheese + crackers	Hummus + cucumber	Hard-boiled	Yogurt + walnuts	Banana + sunflower butter	Ber che cuk

MEAL	MON	TUE	WED	THU	FRI	SAT	SUN
				egg + fruit			

Cook once, use twice. Make a big batch of meatballs, shredded chicken, or lentil soup on Sunday. Repurpose across the week in different meals. Batch cooking is the only reason toddler nutrition actually works for busy families.

IMPORTANT

Choking hazards for toddlers: whole grapes (quarter lengthwise), hot dogs (slice lengthwise), whole nuts (crush or use nut butter), popcorn (avoid under 4), raw carrots (cook or grate), chunks of cheese (shred or cut small). Always supervise eating.