

SAMPLE MEAL PLANNER - TODDLER



Download our free menu plans to organize healthy and nutritious meals. This no-stress guide points to several local foods easily obtainable here in Nairobi. Written and approved by one of Kenya's Leading Nutritionists.

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| BREAKFAST | | | | | | | |
| SNACK | | | | | | | |
| LUNCH | | | | | | | |
| SNACK | | | | | | | |
| DINNER | | | | | | | |
| BEDTIME SNACK | | | | | | | |