



Recipe Ideas for Little Foodies

Food Idea followed by ingredient categories with a checklist to customize it for your kids

Smoothies

Smoothie station with fruit, yogurt

- ☐
- ☐
- ☐
- ☐
- ☐

Homemade Pizza

Pre-made dough, meat, veggies

- ☐
- ☐
- ☐
- ☐
- ☐

Quesadillas

Layout tortillas, veggies, meat, cheese

- ☐
- ☐
- ☐
- ☐
- ☐

Tacos

Layout shells, veggies, meat, cheese

- ☐
- ☐
- ☐
- ☐
- ☐

Stir-Fry

Meat, veggies, sauce, rice

- ☐
- ☐
- ☐
- ☐
- ☐

Loaded Baked Potato

Potato, meat, cheese, veggie
[broccoli, tomato, bell pepper]

- ☐
- ☐
- ☐
- ☐
- ☐

