



# 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

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## Homemade Pizza

Pre-made dough, meat, veggies

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## Quesadillas

Layout tortillas, veggies, meat, cheese

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## Tacos

Layout shells, veggies, meat, cheese

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## Stir-Fry

Meat, veggies, sauce, rice

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## Loaded Baked Potato

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

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