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# 101 Healthy + Nutritious Recipes for Kids

A practical, parent-friendly guide for simple, tasty and nutrition-focused meals.

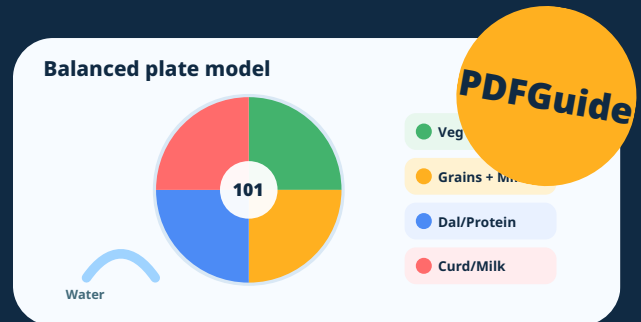
101 recipe cards

30 traditional wellness drinks

Meal planning + lunchbox systems

Hygiene + allergy safety notes

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# Important disclaimer

This guide is for general education, not a medical prescription.

## Use this guide to

- Adapt portions to age, appetite and activity
- Ask a pediatrician/dietitian for allergies or illness
- Cook with clean hands and safe utensils

## Do not use it to

- Treat or cure any disease
- Replace medical advice
- Make excess sugar, salt or ultra-processed foods a daily habit

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After downloading, parents can jump directly to recipe cards, drink bonus and planning tools.

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# How to use this PDF

Every recipe is a one-page card so parents can decide quickly.

## 3-step usage

- Check age and texture first
- Choose a recipe category
- Add fruit, curd or salad to complete the plate

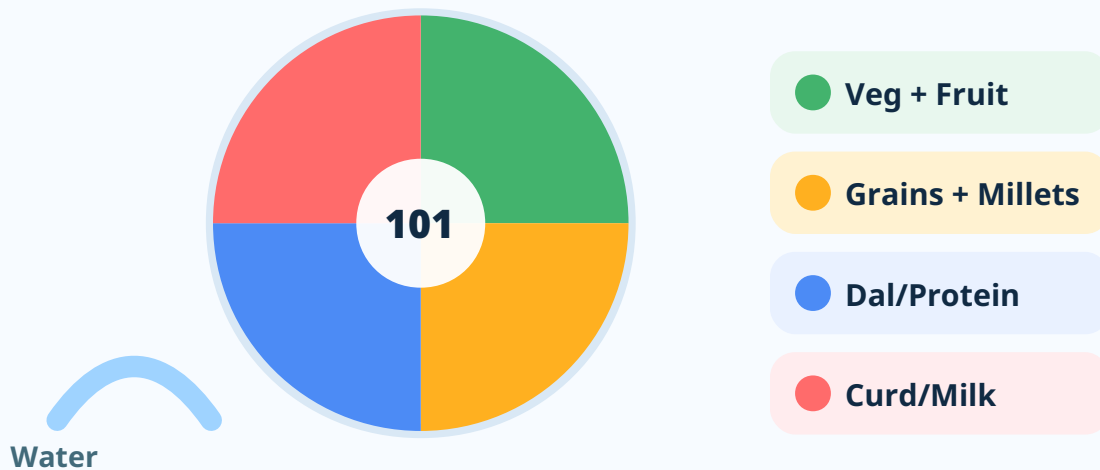
## Smart routine

- Keep 2 prep days every week
- Store raw and cooked food separately
- Label leftovers with date

# Balanced plate diagram

Aim for variety in each meal, not perfection.

## Balanced plate model

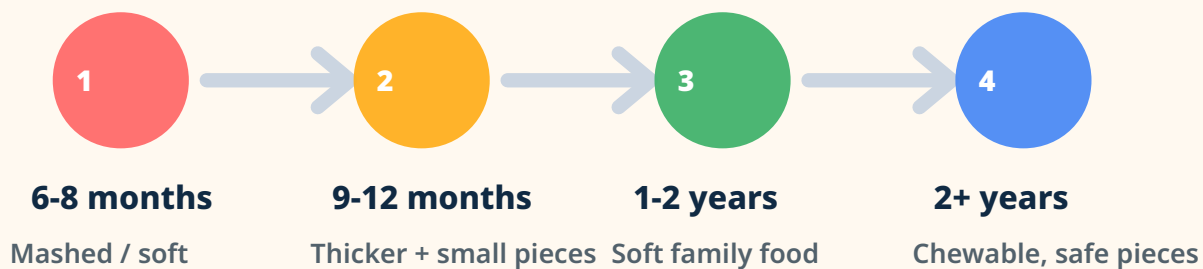


- Build meals around grain/millet, protein, vegetables/fruits and a calcium source
- Appetite can change day to day - avoid force feeding
- Seasonal, local and home-available foods are usually most practical

# Age and texture guide

For young children, choking safety and soft texture matter most.

## Texture guide by age



- Cut whole nuts, hard raw pieces and grapes in age-appropriate shapes
- Complementary feeding guidance differs for 6-23 months
- School-age children benefit from chewing practice and variety

# Nutrition pillars

The Kids-101 framework uses four simple pillars.

## Daily pillars

- Protein: dal, paneer, egg, chana, rajma
- Fiber: fruit, vegetables, millets, oats
- Calcium: milk, curd, ragi, sesame
- Iron: spinach, chana, rajma, lentils

## Helpful pairings

- Iron foods + lemon or fruit vitamin C
- Curd with rice/paratha for gut-friendly meals
- Rotate vegetable colors
- Keep deep-fried snacks occasional

# Meal-prep workflow

Weekly planning makes healthy cooking fast and lower-stress.

## Weekly meal-prep flow



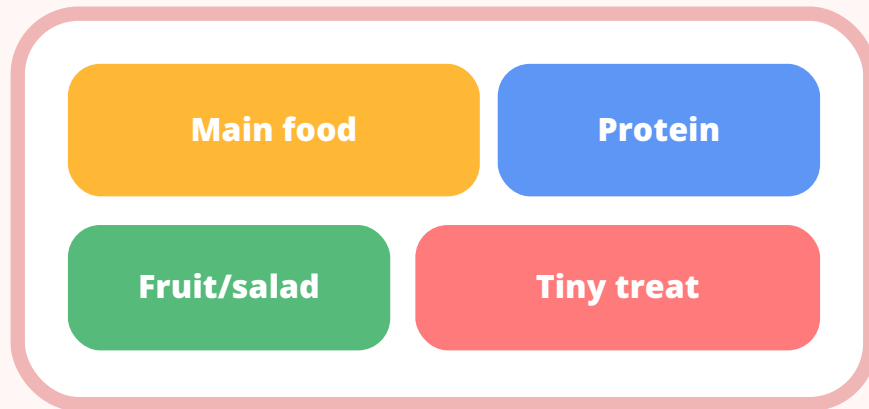
- Prepare batter, sprouts, chopped vegetables and boiled chana/rajma once or twice weekly
- Keep 2-3 base gravies ready: tomato, dal and curd/kadhi
- Decide the lunchbox menu the night before



# Lunchbox system

Use the main + protein + fruit/salad + tiny treat formula.

## Lunchbox formula

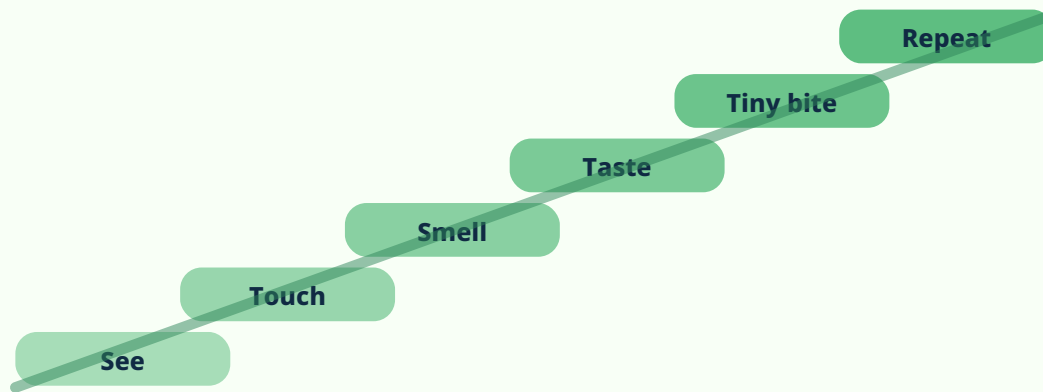


- Pack wet dips separately
- Use small portions so children can finish confidently
- Colorful foods are visually more attractive to kids

# Picky eater plan

Food acceptance improves through low-pressure repeated exposure.

## Picky eater ladder: no pressure, practice



- Offer the same food in different shapes, dips or textures
- Eat the same food yourself as a role model
- Avoid using sweets as rewards

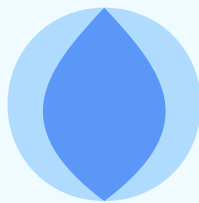
# Hygiene + storage

Food safety is a non-negotiable part of child nutrition.

## Hydration + hygiene routine



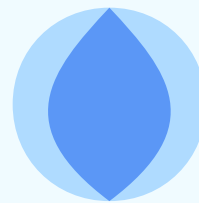
**Water**



**Clean hands**



**Clean box**



**Fresh food**

- Do not leave cooked food at room temperature for long periods
- Wash tiffin boxes with warm water daily
- Keep raw and cooked food boards/spoons separate

# Allergy and choking safety

Introduce new ingredients slowly and watch carefully.

## Watch carefully

- Talk to a doctor for rash, vomiting, swelling or wheezing
- Consider family history for allergens like peanut, egg and fish
- Use only one new ingredient on a new-food day

## Choking prevention

- Cut round foods lengthwise
- Use nut powder or paste instead of whole nuts
- Avoid eating while running or playing

# Shopping list base

Rotating food groups makes variety easier.

## Pantry base

- Rice, atta, oats, poha, millets
- Moong, masoor, chana, rajma
- Ragi, sattlu, besan, suji
- Peanut, sesame, makhana, dates

## Fresh base

- Seasonal fruits and vegetables
- Curd, milk, paneer
- Egg, chicken or fish where used
- Lemon, ginger, cumin, curry leaves

# 4-week rotation idea

Use rotation instead of repeating the same food daily.

## Week themes

- Week 1: khichdi + chilla + fruit bowl
- Week 2: wraps + soups + dal rice
- Week 3: millet dosa + paneer + chaat
- Week 4: lunchbox rolls + healthy treats

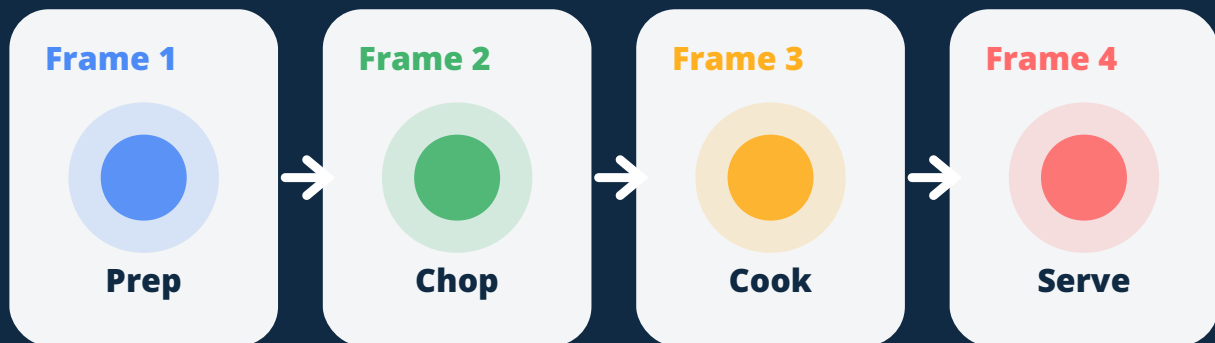
## Parent shortcut

- Choose one dal, one grain and one vegetable base
- Adjust texture and spice to the child
- Printable tracker is included at the end

# Animation-style cooking flow

This visual storyboard helps parents understand quick meal assembly.

## Animation storyboard: healthy plate in 20 minutes



- Break prep, chop, cook and serve into small steps
- Batch cooking makes weekday mornings easier
- Involve the child in safe washing, stirring or plating

# Recipe card symbols

Every card includes category, focus, ingredients, method and parent tip.

## Symbols

- Blue: lunchbox or quick energy
- Green: vegetables and fiber
- Yellow: grains and millets
- Red: taste and color fun

## How to customize

- Keep spice levels mild
- Make texture soft or bite-sized
- Use suitable veg/non-veg substitutions



# Before you start cooking

Print this batch-prep checklist and keep it in your kitchen.

## Prep checklist

- Hands washed
- Vegetables washed
- Knife/board clean
- Allergen check done

## Serve checklist

- Texture safe
- Not too hot
- Small portion first
- Water available

# Budget-friendly nutrition matrix

Variety is possible even with simple low-cost staples.

## Low-cost bases

- Poha, dalia, rice, atta
- Moong dal, chana, sattu
- Seasonal vegetables
- Curd and homemade chaach

## Upgrade ideas

- Add peanut or sesame powder
- Pair iron foods with lemon
- Add small paneer or egg portions
- Rotate millets weekly

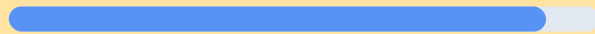
# 001. Ragi Banana Pancake

Breakfast recipe card

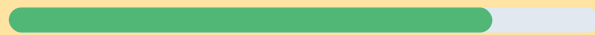


## Nutrition focus

calcium



fiber



steady energy



**Nutrition focus:** calcium, fiber, steady energy

## Ingredients

ragi flour, banana, curd, cardamom

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

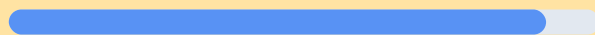
## 002. Vegetable Poha Bowl

Breakfast recipe card



### Nutrition focus

iron



vitamin C



healthy fats



**Nutrition focus:** iron, vitamin C, healthy fats

### Ingredients

poha, peas, carrot, peanuts, lemon

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 003. Moong Dal Chilla

Breakfast recipe card



### Nutrition focus

protein



iron



gut-friendly



**Nutrition focus: protein, iron, gut-friendly**

### Ingredients

moong dal, ginger, carrot, curd dip

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 004. Oats Apple Porridge

Breakfast recipe card



### Nutrition focus

**fiber**



**calcium**



**slow carbs**



**Nutrition focus: fiber, calcium, slow carbs**

### Ingredients

oats, apple, milk, cinnamon

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 005. Soft Idli Sambar Mini Plate

Breakfast recipe card



### Nutrition focus

protein



fiber



fermented food



**Nutrition focus:** protein, fiber, fermented food

### Ingredients

idli, dal sambar, vegetables

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 006. Paneer Veg Upma

Breakfast recipe card



## Nutrition focus

protein



calcium



energy



**Nutrition focus:** protein, calcium, energy

## Ingredients

suji, paneer, beans, carrot

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



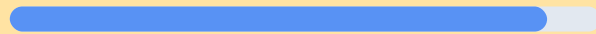
## 007. Egg Veg Bhurji Toast

Breakfast recipe card



### Nutrition focus

protein



choline



iron



**Nutrition focus: protein, choline, iron**

### Ingredients

egg, tomato, onion, whole-wheat toast

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 008. Dalia Khichdi Breakfast

Breakfast recipe card



### Nutrition focus

**fiber**



**protein**



**fullness**



**Nutrition focus: fiber, protein, fullness**

### Ingredients

broken wheat, dal, vegetables

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

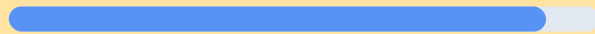
## 009. Besan Spinach Cheela

Breakfast recipe card

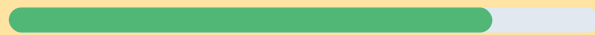


### Nutrition focus

iron



protein



folate



**Nutrition focus:** iron, protein, folate

### Ingredients

besan, spinach, curd, cumin

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

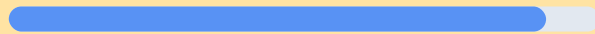
# 010. Sweet Potato Paratha

Breakfast recipe card



## Nutrition focus

vitamin A



fiber



energy



**Nutrition focus: vitamin A, fiber, energy**

## Ingredients

sweet potato, wheat flour, ajwain

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 011. Makhana Milk Bowl

Breakfast recipe card



## Nutrition focus

calcium



magnesium



energy



**Nutrition focus:** calcium, magnesium, energy

## Ingredients

makhana, milk, dates, nuts powder

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 012. Millet Vegetable Dosa

Breakfast recipe card



## Nutrition focus

**fiber**



**fermented food**



**minerals**



**Nutrition focus: fiber, fermented food, minerals**

## Ingredients

millet batter, onion, carrot, chutney

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 013. Banana Oats Muffin Cup

Breakfast recipe card

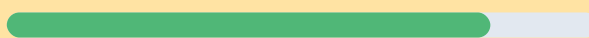


## Nutrition focus

**fiber**



**energy**



**potassium**



**Nutrition focus: fiber, energy, potassium**

## Ingredients

oats, banana, egg/curd, raisins

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 014. Curd Fruit Millet Bowl

Breakfast recipe card



## Nutrition focus

probiotics



calcium



fiber



**Nutrition focus: probiotics, calcium, fiber**

## Ingredients

curd, seasonal fruit, cooked millet

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



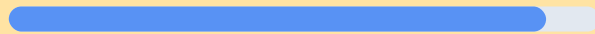
# 015. Mini Thepla Rolls

Breakfast recipe card



## Nutrition focus

iron



protein



travel-friendly



**Nutrition focus:** iron, protein, travel-friendly

## Ingredients

methi thepla, curd, paneer stuffing

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

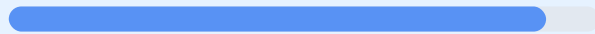
# 016. Paneer Veg Wrap

Lunchbox recipe card

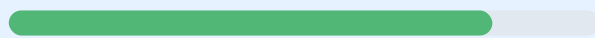


## Nutrition focus

protein



calcium



crunch



**Nutrition focus:** protein, calcium, crunch

## Ingredients

roti, paneer, cucumber, carrot, curd spread

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

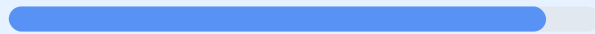
# 017. Peas Corn Pulao

Lunchbox recipe card

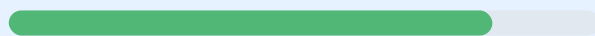


## Nutrition focus

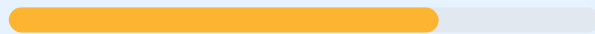
energy



fiber



color variety



**Nutrition focus: energy, fiber, color variety**

## Ingredients

rice, peas, corn, ghee, mild spices

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

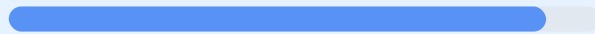
# 018. Mini Dal Paratha Bites

Lunchbox recipe card

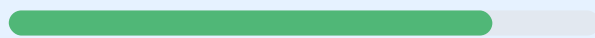


## Nutrition focus

protein



iron



fullness



**Nutrition focus: protein, iron, fullness**

## Ingredients

dal, atta, ajwain, curd

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

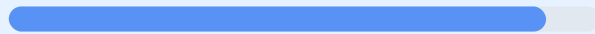
# 019. Vegetable Idli Coins

Lunchbox recipe card

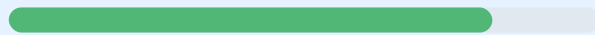


## Nutrition focus

fermented food



fiber



energy



**Nutrition focus:** fermented food, fiber, energy

## Ingredients

idli batter, grated vegetables, chutney

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

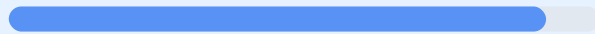
## 020. Cheese Corn Uttapam

Lunchbox recipe card

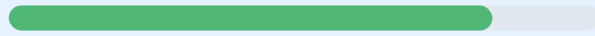


### Nutrition focus

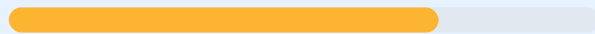
calcium



energy



taste



**Nutrition focus:** calcium, energy, taste

### Ingredients

dosa batter, corn, cheese, tomato

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

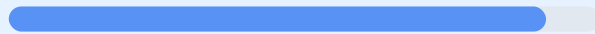
# 021. Rajma Rice Cup

Lunchbox recipe card

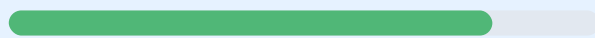


## Nutrition focus

protein



iron



slow energy



**Nutrition focus: protein, iron, slow energy**

## Ingredients

rajma, rice, tomato gravy

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

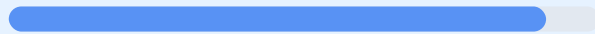
## 022. Chole Roti Roll

Lunchbox recipe card

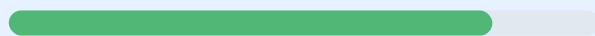


### Nutrition focus

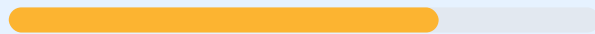
protein



fiber



lunchbox friendly



**Nutrition focus: protein, fiber, lunchbox friendly**

### Ingredients

chickpeas, roti, onion, cucumber

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



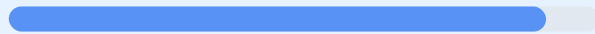
## 023. Lemon Rice with Peanuts

Lunchbox recipe card

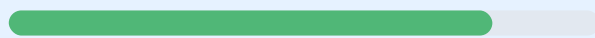


### Nutrition focus

healthy fats



vitamin C



energy



**Nutrition focus:** healthy fats, vitamin C, energy

### Ingredients

rice, peanuts, curry leaves, lemon

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

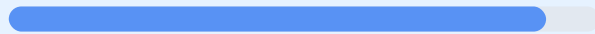
## 024. Curd Rice Veg Bowl

Lunchbox recipe card

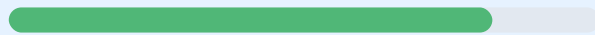


### Nutrition focus

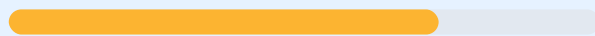
probiotics



cooling



calcium



**Nutrition focus: probiotics, cooling, calcium**

### Ingredients

rice, curd, carrot, pomegranate

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

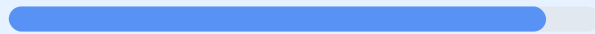
# 025. Veg Paneer Sandwich

Lunchbox recipe card

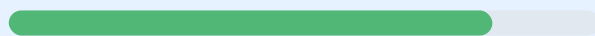


## Nutrition focus

protein



calcium



fiber



**Nutrition focus: protein, calcium, fiber**

## Ingredients

whole-wheat bread, paneer, capsicum

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

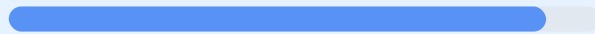
## 026. Sprout Chaat Tiffin

Lunchbox recipe card

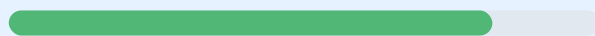


### Nutrition focus

protein



vitamin C



crunch



**Nutrition focus: protein, vitamin C, crunch**

### Ingredients

moong sprouts, potato, lemon, mild chutney

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

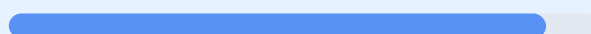
## 027. Beetroot Paratha Roll

Lunchbox recipe card



### Nutrition focus

folate



fiber



color fun



**Nutrition focus:** folate, fiber, color fun

### Ingredients

beetroot, atta, curd dip

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

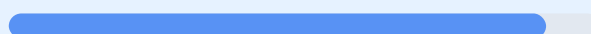
## 028. Methi Corn Handvo

Lunchbox recipe card



### Nutrition focus

fermented food



fiber



protein



**Nutrition focus:** fermented food, fiber, protein

### Ingredients

handvo batter, methi, corn

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

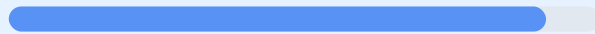
## 029. Mini Soya Keema Pav

Lunchbox recipe card

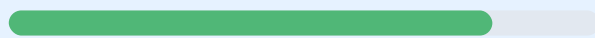


### Nutrition focus

protein



iron



energy



**Nutrition focus: protein, iron, energy**

### Ingredients

soya granules, pav, tomato masala

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

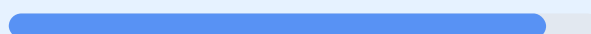
## 030. Carrot Curd Chapati Rolls

Lunchbox recipe card



### Nutrition focus

calcium



fiber



easy bite



**Nutrition focus:** calcium, fiber, easy bite

### Ingredients

chapati, carrot, curd, sesame

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



# 031. Rainbow Veg Khichdi

Dinner recipe card



## Nutrition focus

complete meal



protein



fiber



**Nutrition focus: complete meal, protein, fiber**

## Ingredients

rice, moong dal, carrot, beans, ghee

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

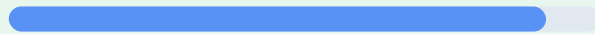
## 032. Palak Paneer Soft Bowl

Dinner recipe card



### Nutrition focus

iron



calcium



protein



**Nutrition focus:** iron, calcium, protein

### Ingredients

spinach, paneer, rice/roti

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

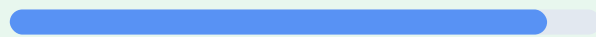
## 033. Lauki Dal Soup Rice

Dinner recipe card



### Nutrition focus

hydrating



light



protein



**Nutrition focus:** hydrating, light, protein

### Ingredients

bottle gourd, dal, rice

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

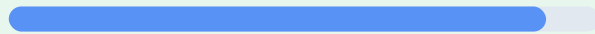
## 034. Chicken Veg Stew

Dinner recipe card



### Nutrition focus

protein



zinc



warm comfort



**Nutrition focus:** protein, zinc, warm comfort

### Ingredients

chicken, potato, carrot, pepper

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 035. Fish Coconut Curry Rice

Dinner recipe card



### Nutrition focus

omega-3



protein



energy



**Nutrition focus:** omega-3, protein, energy

### Ingredients

fish, coconut, rice, mild spices

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

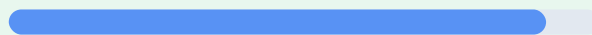
## 036. Veg Millet Khichdi

Dinner recipe card



### Nutrition focus

**fiber**



**minerals**



**fullness**



**Nutrition focus: fiber, minerals, fullness**

### Ingredients

millet, dal, vegetables, ghee

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 037. Paneer Peas Curry

Dinner recipe card



### Nutrition focus

protein



calcium



fiber



**Nutrition focus: protein, calcium, fiber**

### Ingredients

paneer, peas, tomato, roti

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

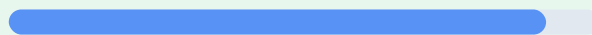
## 038. Egg Curry Soft Rice

Dinner recipe card



### Nutrition focus

protein



choline



iron



**Nutrition focus: protein, choline, iron**

### Ingredients

egg, tomato gravy, rice

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



## 039. Mixed Dal Dosa Dinner

Dinner recipe card



### Nutrition focus

protein



fermented food



minerals



**Nutrition focus:** protein, fermented food, minerals

### Ingredients

mixed dal batter, chutney, sambar

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

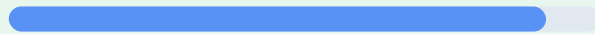
# 040. Pumpkin Dal Rice

Dinner recipe card



## Nutrition focus

vitamin A



protein



gentle



**Nutrition focus: vitamin A, protein, gentle**

## Ingredients

pumpkin, dal, rice, cumin

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

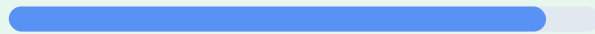
# 041. Vegetable Hakka Millet Noodles

Dinner recipe card



## Nutrition focus

**fiber**



**protein**



**colorful plate**



**Nutrition focus: fiber, protein, colorful plate**

## Ingredients

millet noodles, cabbage, carrot, egg/paneer

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

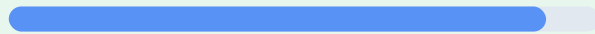
## 042. Matar Paneer Dalia

Dinner recipe card



### Nutrition focus

calcium



protein



slow carbs



**Nutrition focus:** calcium, protein, slow carbs

### Ingredients

dalia, paneer, peas, mild masala

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 043. Soft Curd Kadhi Rice

Dinner recipe card



### Nutrition focus

probiotics



protein



comfort



**Nutrition focus: probiotics, protein, comfort**

### Ingredients

curd, besan, rice, cumin

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

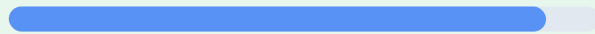
# 044. Drumstick Sambar Rice

Dinner recipe card



## Nutrition focus

**fiber**



**protein**



**minerals**



**Nutrition focus: fiber, protein, minerals**

## Ingredients

dal, drumstick, vegetables, rice

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 045. Masoor Dal Pasta

Dinner recipe card



### Nutrition focus

protein



iron



kid-friendly



**Nutrition focus: protein, iron, kid-friendly**

### Ingredients

whole-wheat pasta, masoor sauce, veggies

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 046. Roasted Makhana Mix

Snack recipe card



### Nutrition focus

calcium



crunch



light snack



**Nutrition focus:** calcium, crunch, light snack

### Ingredients

makhana, ghee, turmeric, pepper

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



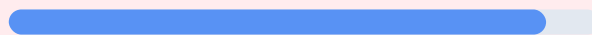
# 047. Fruit Chana Chaat

Snack recipe card

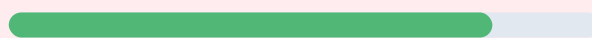


## Nutrition focus

protein



vitamin C



fiber



**Nutrition focus: protein, vitamin C, fiber**

## Ingredients

black chana, apple, cucumber, lemon

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 048. Peanut Jaggery Laddoo

Snack recipe card



## Nutrition focus

iron



energy



healthy fats



**Nutrition focus:** iron, energy, healthy fats

## Ingredients

peanuts, jaggery, sesame

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

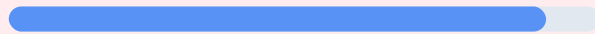
# 049. Baked Sweet Potato Wedges

Snack recipe card



## Nutrition focus

vitamin A



fiber



filling



**Nutrition focus:** vitamin A, fiber, filling

## Ingredients

sweet potato, curd dip, herbs

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

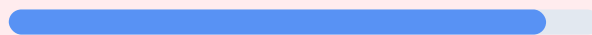
# 050. Veg Suji Appe

Snack recipe card

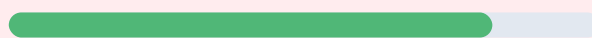


## Nutrition focus

fermented batter



fiber



energy



**Nutrition focus:** fermented batter, fiber, energy

## Ingredients

suji, curd, vegetables

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 051. Paneer Tikka Bites

Snack recipe card



## Nutrition focus

protein



calcium



taste



**Nutrition focus:** protein, calcium, taste

## Ingredients

paneer, curd marinade, capsicum

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 052. Banana Peanut Toast

Snack recipe card



### Nutrition focus

energy



healthy fats



potassium



**Nutrition focus:** energy, healthy fats, potassium

### Ingredients

whole-wheat toast, peanut butter, banana

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

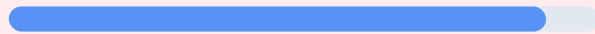
# 053. Corn Carrot Cutlets

Snack recipe card



## Nutrition focus

**fiber**



**crunch**



**color**



**Nutrition focus: fiber, crunch, color**

## Ingredients

corn, carrot, potato, oats crumbs

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 054. Curd Dip Veg Sticks

Snack recipe card



## Nutrition focus

calcium



hydration



crunch



**Nutrition focus:** calcium, hydration, crunch

## Ingredients

curd, cucumber, carrot, beetroot

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



# 055. Mini Dhokla Cubes

Snack recipe card



## Nutrition focus

protein



fermented food



light



**Nutrition focus:** protein, fermented food, light

## Ingredients

besan, curd, lemon, mustard

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

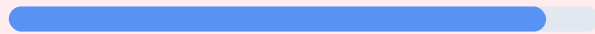
# 056. Apple Cinnamon Yogurt

Snack recipe card



## Nutrition focus

probiotics



fiber



calcium



**Nutrition focus: probiotics, fiber, calcium**

## Ingredients

curd, apple, cinnamon, seeds powder

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

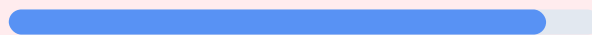
# 057. Masala Egg Muffins

Snack recipe card

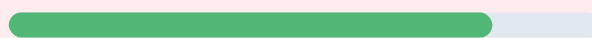


## Nutrition focus

protein



choline



calcium



**Nutrition focus: protein, choline, calcium**

## Ingredients

egg, spinach, onion, cheese

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

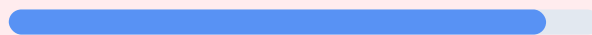
# 058. Ragi Cookies

Snack recipe card

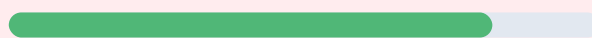


## Nutrition focus

calcium



iron



controlled sweet



**Nutrition focus: calcium, iron, controlled sweet**

## Ingredients

ragi flour, ghee, jaggery, sesame

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 059. Sprouted Moong Pancake

Snack recipe card



## Nutrition focus

protein



enzymes



fiber



**Nutrition focus: protein, enzymes, fiber**

## Ingredients

sprouts, rice flour, vegetables

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 060. Coconut Banana Bites

Snack recipe card



### Nutrition focus

energy



minerals



soft snack



**Nutrition focus:** energy, minerals, soft snack

### Ingredients

banana, coconut, sesame, dates

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

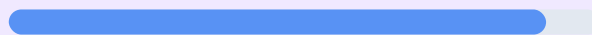
# 061. Sattu Paratha

Protein recipe card

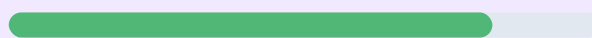


## Nutrition focus

protein



fiber



iron



**Nutrition focus: protein, fiber, iron**

## Ingredients

sattu, atta, onion, lemon

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

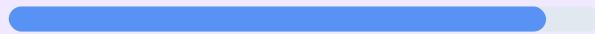
## 062. Dal Paneer Soup

Protein recipe card



### Nutrition focus

protein



calcium



comfort



**Nutrition focus:** protein, calcium, comfort

### Ingredients

dal, paneer, carrot, cumin

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



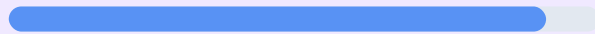
## 063. Egg Spinach Rice

Protein recipe card

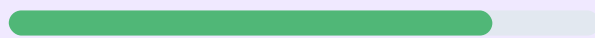


### Nutrition focus

protein



iron



choline



**Nutrition focus: protein, iron, choline**

### Ingredients

egg, spinach, rice, garlic

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 064. Chickpea Veg Patties

Protein recipe card



## Nutrition focus

protein



fiber



crunch



**Nutrition focus: protein, fiber, crunch**

## Ingredients

chickpeas, carrot, oats, curd dip

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

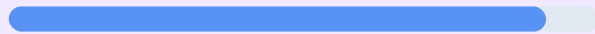
# 065. Tofu Peas Stir Fry

Protein recipe card



## Nutrition focus

protein



calcium



minerals



**Nutrition focus: protein, calcium, minerals**

## Ingredients

tofu, peas, capsicum, sesame

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

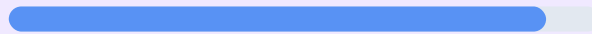
# 066. Chicken Millet Bowl

Protein recipe card

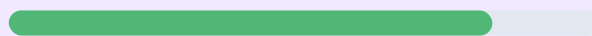


## Nutrition focus

protein



iron



fullness



**Nutrition focus: protein, iron, fullness**

## Ingredients

chicken, millet, vegetables

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

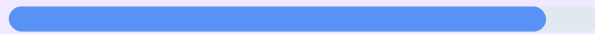
# 067. Fish Cutlet with Curd Dip

Protein recipe card

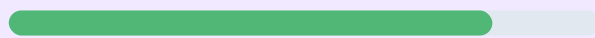


## Nutrition focus

omega-3



protein



calcium



**Nutrition focus:** omega-3, protein, calcium

## Ingredients

fish, potato, herbs, curd

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

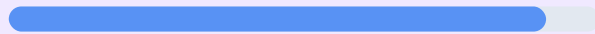
## 068. Rajma Beet Tikki

Protein recipe card



### Nutrition focus

iron



protein



fiber



**Nutrition focus:** iron, protein, fiber

### Ingredients

rajma, beetroot, oats

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 069. Moong Dal Pulao

Protein recipe card



## Nutrition focus

protein



energy



gentle



**Nutrition focus: protein, energy, gentle**

## Ingredients

rice, moong dal, vegetables

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 070. Paneer Bhurji Roti

Protein recipe card



## Nutrition focus

protein



calcium



lunch-ready



**Nutrition focus: protein, calcium, lunch-ready**

## Ingredients

paneer, tomato, capsicum, roti

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



# 071. Curd Peanut Chutney Idli

Protein recipe card



## Nutrition focus

protein



probiotics



fats



**Nutrition focus: protein, probiotics, fats**

## Ingredients

idli, peanut curd chutney

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

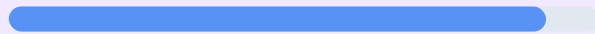
## 072. Soya Veg Fried Rice

Protein recipe card



### Nutrition focus

protein



iron



energy



**Nutrition focus: protein, iron, energy**

### Ingredients

soya granules, rice, vegetables

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

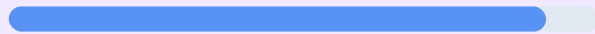
# 073. Lentil Bolognese Pasta

Protein recipe card



## Nutrition focus

protein



iron



familiar taste



**Nutrition focus: protein, iron, familiar taste**

## Ingredients

masoor, tomato, pasta, herbs

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 074. Sprout Paneer Salad

Protein recipe card



## Nutrition focus

protein



calcium



crunch



**Nutrition focus: protein, calcium, crunch**

## Ingredients

sprouts, paneer, cucumber, lemon

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

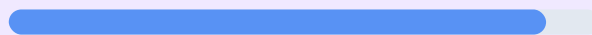
# 075. Black Chana Sundal

Protein recipe card

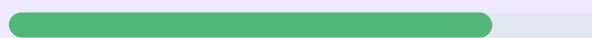


## Nutrition focus

protein



iron



fiber



**Nutrition focus: protein, iron, fiber**

## Ingredients

black chana, coconut, curry leaves

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

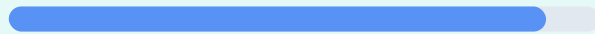
# 076. Carrot Tomato Soup

Soup recipe card



## Nutrition focus

vitamin A



hydration



gentle



**Nutrition focus: vitamin A, hydration, gentle**

## Ingredients

carrot, tomato, dal water, butter

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 077. Spinach Corn Soup

Soup recipe card



## Nutrition focus

iron



calcium



energy



**Nutrition focus: iron, calcium, energy**

## Ingredients

spinach, corn, milk, pepper

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 078. Moong Dal Veg Soup

Soup recipe card



## Nutrition focus

protein



easy digestion



minerals



**Nutrition focus:** protein, easy digestion, minerals

## Ingredients

moong dal, pumpkin, carrot

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



# 079. Chicken Clear Soup

Soup recipe card



## Nutrition focus

protein



hydration



warm comfort



**Nutrition focus:** protein, hydration, warm comfort

## Ingredients

chicken, carrot, beans, pepper

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 080. Beetroot Apple Soup

Soup recipe card



## Nutrition focus

folate



fiber



color



**Nutrition focus:** folate, fiber, color

## Ingredients

beetroot, apple, cumin, curd swirl

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

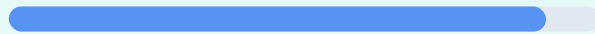
# 081. Pumpkin Coconut Soup

Soup recipe card



## Nutrition focus

vitamin A



energy



creamy



**Nutrition focus:** vitamin A, energy, creamy

## Ingredients

pumpkin, coconut milk, dal

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

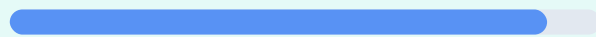
# 082. Tomato Millet Soup

Soup recipe card

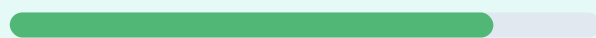


## Nutrition focus

lycopene



fiber



warmth



**Nutrition focus:** lycopene, fiber, warmth

## Ingredients

tomato, cooked millet, garlic

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 083. Lentil Spinach Broth

Soup recipe card



## Nutrition focus

iron



protein



vitamin C



**Nutrition focus:** iron, protein, vitamin C

## Ingredients

masoor dal, spinach, lemon

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 084. Sweet Corn Egg Drop Soup

Soup recipe card



## Nutrition focus

protein



energy



quick



**Nutrition focus: protein, energy, quick**

## Ingredients

corn, egg, spring onion

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

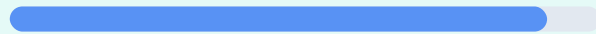
# 085. Bottle Gourd Curd Soup

Soup recipe card



## Nutrition focus

hydrating



light



calcium



**Nutrition focus:** hydrating, light, calcium

## Ingredients

lauki, curd, cumin

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 086. Dates Sesame Balls

Treat recipe card



### Nutrition focus

iron



calcium



natural sweet



**Nutrition focus:** iron, calcium, natural sweet

### Ingredients

dates, sesame, coconut, nuts powder

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



# 087. Mango Curd Pops

Treat recipe card



## Nutrition focus

calcium



fruit



summer treat



**Nutrition focus:** calcium, fruit, summer treat

## Ingredients

mango, curd, little honey if 1+ year

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 088. Ragi Banana Halwa

Treat recipe card



## Nutrition focus

calcium



energy



soft texture



**Nutrition focus:** calcium, energy, soft texture

## Ingredients

ragi, banana, ghee, milk

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

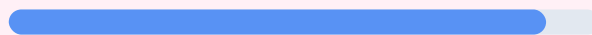
# 089. Apple Kheer

Treat recipe card



## Nutrition focus

calcium



fruit



comfort



**Nutrition focus:** calcium, fruit, comfort

## Ingredients

apple, milk, rice, cardamom

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 090. Carrot Jaggery Mini Muffin

Treat recipe card



## Nutrition focus

**fiber**



**controlled sweet**



**snack**



**Nutrition focus: fiber, controlled sweet, snack**

## Ingredients

carrot, atta, jaggery, curd

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 091. Coconut Jaggery Poha

Treat recipe card



## Nutrition focus

energy



iron



quick



**Nutrition focus: energy, iron, quick**

## Ingredients

poha, coconut, jaggery, sesame

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

## 092. Choco Ragi Pudding

Treat recipe card



### Nutrition focus

calcium



iron



dessert feel



**Nutrition focus:** calcium, iron, dessert feel

### Ingredients

ragi, cocoa, milk, dates

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 093. Fruit Custard Bowl

Treat recipe card



## Nutrition focus

calcium



variety



soft



**Nutrition focus:** calcium, variety, soft

## Ingredients

milk, seasonal fruits, custard powder

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

# 094. Banana Millet Sheera

Treat recipe card



## Nutrition focus

energy



fiber



gentle sweet



**Nutrition focus:** energy, fiber, gentle sweet

## Ingredients

millet rava, banana, ghee

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.



# 095. Peanut Date Smooth Bowl

Treat recipe card



## Nutrition focus

protein



healthy fats



energy



**Nutrition focus: protein, healthy fats, energy**

## Ingredients

dates, banana, peanut, curd

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

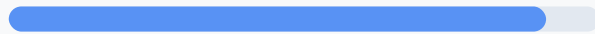
## 096. 10-Min Curd Poha

Quick recipe card



### Nutrition focus

probiotics



energy



cooling



**Nutrition focus: probiotics, energy, cooling**

### Ingredients

poha, curd, cucumber, tadka

### Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

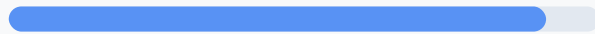
# 097. 5-Min Banana Lassi Bowl

Quick recipe card



## Nutrition focus

calcium



energy



fiber



**Nutrition focus:** calcium, energy, fiber

## Ingredients

banana, curd, oats, seeds powder

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

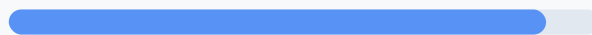
# 098. Instant Paneer Corn Roll

Quick recipe card



## Nutrition focus

protein



calcium



quick



**Nutrition focus: protein, calcium, quick**

## Ingredients

roti, paneer, corn, curd spread

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

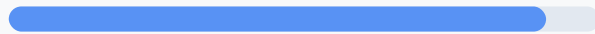
# 099. Tomato Egg Rice

Quick recipe card



## Nutrition focus

protein



energy



choline



**Nutrition focus: protein, energy, choline**

## Ingredients

rice, egg, tomato, ghee

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

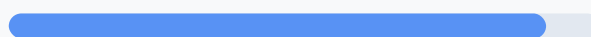
# 100. Peanut Chutney Dosa

Quick recipe card



## Nutrition focus

protein



healthy fats



fermented food



**Nutrition focus: protein, healthy fats, fermented food**

## Ingredients

dosa, peanut chutney, cucumber

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

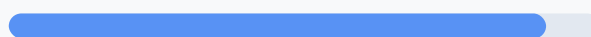
# 101. One-Pot Veg Dalia

Quick recipe card



## Nutrition focus

**fiber**



**protein**



**one pot**



**Nutrition focus: fiber, protein, one pot**

## Ingredients

dalia, frozen vegetables, dal

## Method

1. Wash and prepare all ingredients first.
2. Cook with mild spices and limited oil/ghee.
3. Adjust texture: mash, chop or roll based on the child's age.

**Parent tip:** Offer new foods in tiny portions without pressure. Repeated exposure builds acceptance.

**Serving idea:** Complete the plate with curd, fruit or a small salad side.

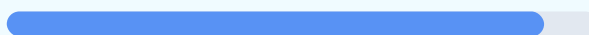
# Bonus Drink 01. Turmeric Almond Milk

Traditional wellness drink card



## Nutrition focus

calcium



warm comfort



**Focus:** calcium, warm comfort

## Ingredients

milk, turmeric, almond powder, black pepper pinch

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.



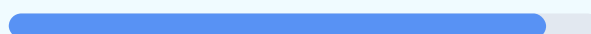
## Bonus Drink 02. Ragi Malt Drink

Traditional wellness drink card



### Nutrition focus

calcium



energy



iron



**Focus:** calcium, energy, iron

### Ingredients

ragi flour, milk/water, cardamom, jaggery little

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

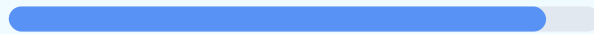
## Bonus Drink 03. Sattu Lemon Cooler

Traditional wellness drink card

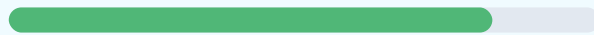


### Nutrition focus

protein



hydration



summer friendly



**Focus: protein, hydration, summer friendly**

### Ingredients

sattu, lemon, roasted cumin, water

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

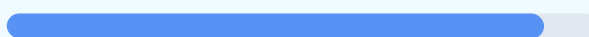
## Bonus Drink 04. Jeera Ajwain Water

Traditional wellness drink card



### Nutrition focus

gentle digestion



hydration



**Focus:** gentle digestion, hydration

### Ingredients

cumin, ajwain, warm water

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

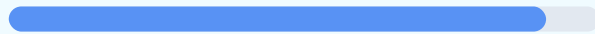
## Bonus Drink 05. Fennel Rose Cooler

Traditional wellness drink card



### Nutrition focus

cooling



hydration



**Focus: cooling, hydration**

### Ingredients

fennel, rose water, milk/water

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

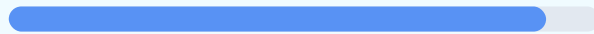
## Bonus Drink 06. Banana Date Shake

Traditional wellness drink card

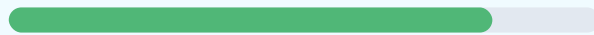


### Nutrition focus

energy



potassium



calcium



**Focus: energy, potassium, calcium**

### Ingredients

banana, dates, milk, cinnamon

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

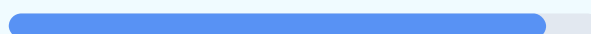
## Bonus Drink 07. Makhana Kheer Drink

Traditional wellness drink card



### Nutrition focus

calcium



light energy



**Focus:** calcium, light energy

### Ingredients

roasted makhana, milk, cardamom

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

## Bonus Drink 08. Coconut Water Lime Sip

Traditional wellness drink card



### Nutrition focus

hydration



electrolytes



**Focus: hydration, electrolytes**

### Ingredients

coconut water, lime, mint

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

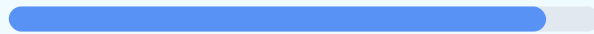
# Bonus Drink 09. Apple Cinnamon Lassi

Traditional wellness drink card



## Nutrition focus

probiotics



fiber



calcium



**Focus: probiotics, fiber, calcium**

## Ingredients

curd, apple, cinnamon

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.



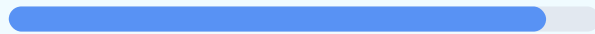
# Bonus Drink 10. Beetroot Carrot Smoothie

Traditional wellness drink card



## Nutrition focus

folate



vitamin A



color



**Focus: folate, vitamin A, color**

## Ingredients

beetroot, carrot, curd, lemon

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

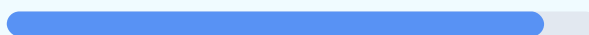
# Bonus Drink 11. Tulsi Ginger Kadha Lite

Traditional wellness drink card



## Nutrition focus

warm seasonal drink



**Focus: warm seasonal drink**

## Ingredients

tulsi, ginger, jaggery tiny, water

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

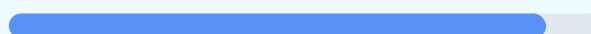
# Bonus Drink 12. Amla Honey Cooler

Traditional wellness drink card



## Nutrition focus

vitamin C



tangy taste



**Focus: vitamin C, tangy taste**

## Ingredients

amla, water, honey only 1+ year

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

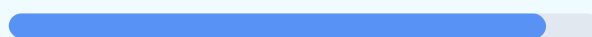
# Bonus Drink 13. Dry Fruit Milk

Traditional wellness drink card



## Nutrition focus

calcium



energy



healthy fats



**Focus:** calcium, energy, healthy fats

## Ingredients

milk, almond, cashew, dates

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

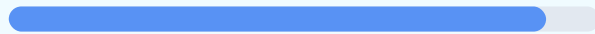
# Bonus Drink 14. Pear Oats Smoothie

Traditional wellness drink card

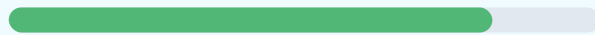


## Nutrition focus

**fiber**



**probiotics**



**fullness**



**Focus: fiber, probiotics, fullness**

## Ingredients

pear, oats, curd

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

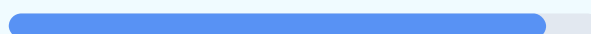
# Bonus Drink 15. Pumpkin Milkshake

Traditional wellness drink card



## Nutrition focus

vitamin A



calcium



**Focus: vitamin A, calcium**

## Ingredients

pumpkin puree, milk, cinnamon

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

# Bonus Drink 16. Carrot Orange Sip

Traditional wellness drink card



## Nutrition focus

vitamin A



vitamin C



**Focus: vitamin A, vitamin C**

## Ingredients

carrot, orange, water

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

# Bonus Drink 17. Mint Curd Chaach

Traditional wellness drink card



## Nutrition focus

probiotics



hydration



**Focus: probiotics, hydration**

## Ingredients

curd, mint, cumin, water

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.



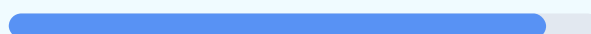
# Bonus Drink 18. Sesame Date Milk

Traditional wellness drink card



## Nutrition focus

calcium



iron



energy



**Focus:** calcium, iron, energy

## Ingredients

sesame powder, dates, milk

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

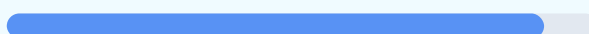
# Bonus Drink 19. Watermelon Mint Cooler

Traditional wellness drink card



## Nutrition focus

hydration



fruit energy



**Focus: hydration, fruit energy**

## Ingredients

watermelon, mint, lemon

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

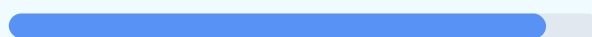
# Bonus Drink 20. Mango Ragi Smoothie

Traditional wellness drink card

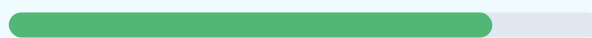


## Nutrition focus

calcium



energy



fruit



**Focus: calcium, energy, fruit**

## Ingredients

mango, ragi malt, curd

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

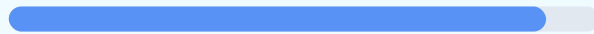
# Bonus Drink 21. Spinach Pineapple Smoothie

Traditional wellness drink card

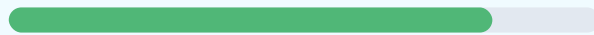


## Nutrition focus

iron



vitamin C



fiber



**Focus: iron, vitamin C, fiber**

## Ingredients

spinach, pineapple, curd

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

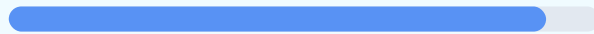
## Bonus Drink 22. Moong Dal Soup Drink

Traditional wellness drink card



### Nutrition focus

protein



gentle comfort



**Focus: protein, gentle comfort**

### Ingredients

moong dal water, cumin, ghee drop

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

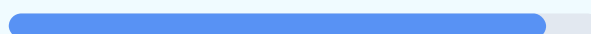
## Bonus Drink 23. Tomato Carrot Rasam

Traditional wellness drink card



### Nutrition focus

hydration



vitamin A



**Focus: hydration, vitamin A**

### Ingredients

tomato, carrot, rasam spices

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

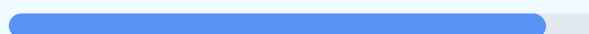
## Bonus Drink 24. Chiku Milk Smoothie

Traditional wellness drink card



### Nutrition focus

energy



calcium



**Focus: energy, calcium**

### Ingredients

chiku, milk, cardamom

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

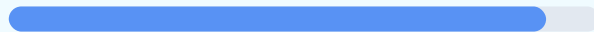
## Bonus Drink 25. Guava Mint Smoothie

Traditional wellness drink card



### Nutrition focus

vitamin C



fiber



**Focus: vitamin C, fiber**

### Ingredients

guava, mint, curd

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.



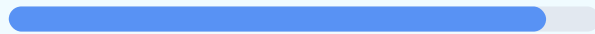
## Bonus Drink 26. Almond Banana Cocoa

Traditional wellness drink card



### Nutrition focus

energy



calcium



dessert feel



**Focus: energy, calcium, dessert feel**

### Ingredients

banana, milk, almond, cocoa

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

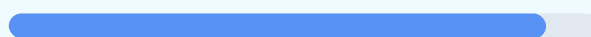
## Bonus Drink 27. Rice Kanji

Traditional wellness drink card



### Nutrition focus

hydration



gentle carbs



**Focus: hydration, gentle carbs**

### Ingredients

cooked rice water, curd, cumin

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

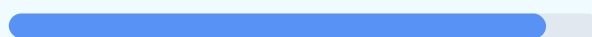
# Bonus Drink 28. Cucumber Buttermilk

Traditional wellness drink card



## Nutrition focus

cooling



probiotics



**Focus: cooling, probiotics**

## Ingredients

curd, cucumber, cumin

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

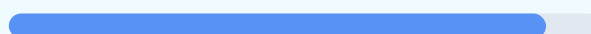
## Bonus Drink 29. Pomegranate Lassi

Traditional wellness drink card



### Nutrition focus

calcium



antioxidants



**Focus: calcium, antioxidants**

### Ingredients

curd, pomegranate, cardamom

### Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

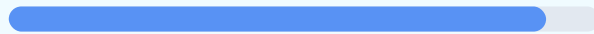
# Bonus Drink 30. Warm Nutmeg Milk

Traditional wellness drink card

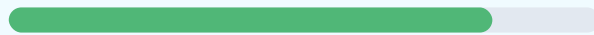


## Nutrition focus

bedtime routine



calcium



**Focus: bedtime routine, calcium**

## Ingredients

milk, nutmeg pinch, jaggery little

## Method

1. Use clean utensils and fresh ingredients.
2. Keep sweetness low and taste mild for kids.
3. Serve warm or cool depending on age and season.

**Safety note:** Do not give honey to children under 1 year. Ask a pediatrician for allergies or medical conditions.

# 7-day sample meal plan

Adjust this plan to appetite, age and family food habits.

## Day 1-3

- Breakfast: ragi pancake / poha / chilla
- Lunchbox: wrap / pulao / idli coins
- Dinner: khichdi / palak paneer / soup rice

## Day 4-7

- Breakfast: oats / upma / thepla rolls
- Lunchbox: rajma cup / chole roll / curd rice
- Dinner: millet khichdi / kadhi rice / pasta

# Healthy swaps chart

Small swaps can improve daily nutrition without changing everything.

## Swap this

- Sugary drink
- Packaged chips
- White bread only
- Fried snack daily

## Try this

- Fruit lassi or chaach
- Roasted makhana
- Whole-wheat/paneer sandwich
- Baked wedges or dhokla

# Picky eater tracker

Give each new food at least 8-10 low-pressure exposures.

**Food 1**

Seen

Touched

Tasted

Accepted

**Food 2**

Seen

Touched

Tasted

Accepted

**Food 3**

Seen

Touched

Tasted

Accepted

**Food 4**

Seen

Touched

Tasted

Accepted

**Food 5**

Seen

Touched

Tasted

Accepted

**Food 6**

Seen

Touched

Tasted

Accepted



# Lunchbox weekly planner

Five minutes of planning at night reduces the morning rush.

## Mon

Main

Protein

Fruit

## Tue

Main

Protein

Fruit

## Wed

Main

Protein

Fruit

## Thu

Main

Protein

Fruit

## Fri

Main

Protein

Fruit

## Sat

Main

Protein

Fruit

# Seasonal foods idea

Seasonal fruits and vegetables are practical for taste, cost and freshness.

## Summer

- Curd rice, chaach, watermelon
- Cucumber sticks, mint dip
- Mango curd pops

## Winter

- Soups, ragi malt, carrot dishes
- Sesame-date balls
- Warm dal khichdi

# Portion guide

Portions vary by age, appetite and activity level.

## Start small

- Begin with a small bowl or half roll
- Offer a second helping if finished
- Offer new foods as tiny portions

## Observe

- Watch energy, mood, stool and hunger cues
- Talk to a doctor for growth concerns
- Avoid daily comparisons

# Kitchen safety card

Involve kids in cooking, but adults handle sharp and hot tasks.

## Child can help

- Washing vegetables
- Mixing batter
- Plating fruit
- Choosing colors

## Adult only

- Knife cutting
- Gas/flame
- Hot oil
- Pressure cooker

# Printable grocery master list

Use this list with weekly shopping.

## Dry

- Millets, oats, rice, atta
- Dal, chana, rajma, sattu
- Makhana, sesame, peanuts, dates

## Fresh

- Curd, milk, paneer
- Seasonal vegetables
- Seasonal fruits
- Lemon, herbs, ginger

# Reference framework

This guide is based on general nutrition principles.

- WHO infant and young child feeding guidance
- UNICEF early childhood nutrition guidance
- ICMR-NIN Dietary Guidelines for Indians 2024
- USDA MyPlate food group model

# Final parent note

Healthy eating is a habit-building journey, not one-day perfection.

- Simple home food is a powerful base
- Focus on variety, safety and patience
- Use the Kids-101 guide step by step in your weekly routine

# Download completion page

Thanks for downloading the Kids-101 PDF guide.

## Kids-101

For support: [support-kids101@btreport.in](mailto:support-kids101@btreport.in)

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