




































WEEKLY MEAL PLAN
1 YEAR (12-24 MONTHS)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BREAKFAST	<p>BREAKFAST</p>  <p>1 cup of Growing up Milk with boiled egg on toast* with vegetables</p>	<p>BREAKFAST</p>  <p>1 cup of Growing up Milk, a bowl of cereal, and a small banana</p>	<p>BREAKFAST</p>  <p>1 cup of Growing up Milk with Peanut butter sandwich</p>	<p>BREAKFAST</p>  <p>1 cup of Growing up Milk with a bowl of oatmeal and a small banana</p>	<p>BREAKFAST</p>  <p>1 cup of Growing up Milk with wholewheat Cheese Manoushe</p>	<p>BREAKFAST</p>  <p>1 cup of Growing up Milk and Jam sandwich</p>	<p>BREAKFAST</p>  <p>Rice flakes with 1 cup of Growing up Milk and dried cranberries</p>
SNACK 1	<p>SNACK 1</p>  <p>Fresh apple</p>	<p>SNACK 1</p>  <p>Raw vegetable sticks</p>	<p>SNACK 1</p>  <p>Pear & orange slices</p>	<p>SNACK 1</p>  <p>Fresh apple</p>	<p>SNACK 1</p>  <p>Apple compote</p>	<p>SNACK 1</p>  <p>Dates</p>	<p>SNACK 1</p>  <p>Raspberries with plain yoghurt</p>
LUNCH	<p>LUNCH</p>  <p>Potato cubes sauteed with meat and cilantro</p>	<p>LUNCH</p>  <p>Chicken, zucchini and mashed potatoes</p>	<p>LUNCH</p>  <p>Baked fish with brown rice and broccoli</p>	<p>LUNCH</p>  <p>Lentil soup with toast</p>	<p>LUNCH</p>  <p>Pasta with meatballs in tomato sauce</p>	<p>LUNCH</p>  <p>Arayes Kafta</p>	<p>LUNCH</p>  <p>Chicken ratatouille with rice and vegetables</p>
SNACK 2	<p>SNACK 2</p>  <p>1 cup of Growing up Milk (200 ml) & 1 small banana</p>	<p>SNACK 2</p>  <p>Fresh berries</p>	<p>SNACK 2</p>  <p>Mango cubes & yoghurt</p>	<p>SNACK 2</p>  <p>1 cup of Growing up Milk & fresh strawberries</p>	<p>SNACK 2</p>  <p>Fresh melon</p>	<p>SNACK 2</p>  <p>1 cup of Growing up Milk & Fresh watermelon</p>	<p>SNACK 2</p>  <p>1 cup of Growing up Milk & kiwi or peach slices</p>
DINNER	<p>DINNER</p>  <p>Halloumi sandwich with vegetables</p>	<p>DINNER</p>  <p>Labaneh sandwich with vegetables and 1 cup of Growing up Milk</p>	<p>DINNER</p>  <p>Hummus sandwich with vegetables and 1 cup of Growing up Milk</p>	<p>DINNER</p>  <p>Grilled turkey and cream cheese sandwich</p>	<p>DINNER</p>  <p>Rice flakes with 1 cup of Growing up Milk</p>	<p>DINNER</p>  <p>Cheese on toast and tomatoes</p>	<p>DINNER</p>  <p>Grilled Cheese Rkakat (cheese rolls) with cucumber slices</p>



BREAKFAST



BREAKFAST

DAY 1

1 cup of Growing up Milk with boiled egg on toast* with vegetables

1 cup of Aptamil Junior Growing up Milk (200ml)
1 boiled egg
1 soft toast*
½ cup of raw vegetables

**contains wheat*

NUTRITIONAL FACTS:

Eggs are a very good source of high quality protein. More than half the protein of an egg is found in the egg white along with vitamin B2, vitamin D, B6, B12 and minerals such as zinc, iron and copper. Egg yolks are packed with Choline, which helps memory development

DAY 2

1 cup of Growing up Milk, a bowl of cereal, and a small banana

1 cup of Aptamil Junior Growing up Milk (200ml)
½ cup Aptamil Cereal
1 small banana

1. Put half cup of Aptamil cereal into a bowl.
2. Add 1 cup of Aptamil Junior Growing up Milk (200ml)
3. Slice 1 small banana into pieces
4. Add it to the Aptamil cereal bowl

DAY 3

1 cup of Growing up Milk with Peanut butter sandwich

1 cup of Aptamil Junior Growing up Milk (200 ml)
1 small bread roll with 1 tbsp. peanut butter***

****contains nuts*

NUTRITIONAL FACTS:

Peanuts and peanut butter are a good source of vitamin E, a potent antioxidant that protects nervous membranes and thiamin which helps the brain and nervous system.

DAY 4

1 cup of Growing up Milk with a bowl of oatmeal and a small banana

1 cup of Aptamil Junior Growing up Milk (200 ml)
½ cup of oatmeal
½ banana

1. Combine oatmeal and Aptamil Junior Growing up Milk in a saucepan.
2. Bring to a boil and cook for 1 minute.
3. Remove from heat and let it cool down for 2-5 minutes.
4. Mash the banana and add to the oatmeal mixture.

NUTRITIONAL FACTS: Oats are loaded with fiber and are good sources of vitamin E, B-vitamins, potassium and zinc which make the body and brain function at full capacity.

DAY 5

1 cup of Growing up Milk with wholewheat Cheese Manoushe

1 cup of Aptamil Junior Growing up Milk (200 ml)
1 whole wheat* round small cheese manoushe

**contains wheat*

NUTRITIONAL FACTS:

Whole grains are packed with nutrients, including protein, fiber, B vitamins, antioxidants, and trace minerals (iron, zinc, copper, and magnesium). The B vitamins in whole grains nourish a healthy nervous system.

DAY 6

1 cup of Growing up Milk and Jam sandwich

1 cup of Aptamil Junior Growing up Milk (200 ml)
1 slice soft toast
1 tbsp. apricot or strawberry jam

DAY 7

Rice flakes with 1 cup of Growing up Milk and dried cranberries

1 cup Aptamil Junior Growing up Milk (200 ml)
½ cup rice flakes
1 tbsp. dried cranberries

1. Lay out pieces of sandwich bread on a flat surface. Use a rolling pin to flatten. Then, if desired, use a knife to cut the crusts off of each piece of flattened bread.
2. Place a slice of cheese on top of each slice of bread, then roll up tightly to form a grilled cheese roll.
3. Place the grilled cheese rolls (about 3 at a time) seam-side down in the skillet, and cook on all sides until the bread is toasted and the cheese is melted. You can press the rolls down with a spatula to be sure that they do not unfold while cooking.
4. Remove and repeat with the remaining sandwiches. Serve immediately with slices of 1 medium sized cucumber



SNACK 1

DAY 1

Fresh apple

1/2 an apple cut into slices

DAY 2

Raw vegetable sticks

1/2 cup vegetables such as
cucumber, carrot sticks, green
peppers, tomatoes etc...

DAY 3

Pear & orange slices

1/2 pear
1/2 orange

NUTRITIONAL FACTS:

Tomatoes and carrots are a great source of antioxidants that keep brain cells strong and healthy.

DAY 4

Fresh apple

1/2 an apple cut into slices

DAY 5

Apple compote

1/2 cup apple compote**

**contains milk

DAY 6

Dates

3 pitted dates

DAY 7

Raspberries with plain yoghurt

5 raspberries
1 plain Activia stirred yoghurt

NUTRITIONAL FACTS:

Yoghurt is rich in probiotics which boost immunity and protect the digestive track from harmful microorganisms that can cause intestinal infections. Yoghurt also contains B12, which maintains red blood cells and helps keep the nervous system functioning properly.



LUNCH

DAY 1

Potato cubes sauteed with meat and cilantro

60 gr. cooked minced meat
½ cup cooked diced carrots
8 potato cubes sautéed in cilantro and garlic

1. Add one small tea spoon of vegetable oil to the cooking pan.
2. Warm the pan over medium to medium-high heat. Add the minced meat to the center of the pan.
3. Stir the minced meat occasionally to make sure it's browning evenly, then set it aside when it is well cooked.
4. In the meantime, bake the diced carrots and potato cubes in the oven until they are crispy.
5. Rinse the cilantro leaves then discard the stems, and chop the leaves very finely. Lay the leaves on a paper towel for a few minutes to dry the water from them.
6. Finally add everything back to the pot, mix them together and cook for 3-5 minutes on low heat while stirring and you're done!

DAY 2

Chicken, zucchini and mashed potatoes

60 gr. cooked diced chicken
½ cup cooked zucchini
½ cup mashed potato**

1. Start the potatoes. Cut into bite-sized cubes and place in a pot with water. Bring to a boil, and cook the potatoes for 10-15 minutes until fork tender.
2. Using a potato masher or a sturdy spoon, smash the potatoes until creamy(you can add half cup of milk to thin out the potatoes).
3. Add the zucchini with a drizzle of olive oil to a large skillet over medium-high heat, and cook until browned on both sides but still firm on the inside, about 7 minutes.
4. Add the diced chicken, cook on both sides until golden and cooked through, about 15 minutes total.
5. To serve, make a bed of the mashed potatoes, then top with some of the zucchini. Add the chicken and serve over the rest of the meal.

**contains milk

DAY 3

Baked fish with brown rice and broccoli

60 gr. Baked fish fillet (1 tsp olive oil & 2 tsp lemon dressing)
½ cup brown rice
½ cup of cooked broccoli

1. In a large saucepan add brown rice, and then bring to a boil. Transfer to a greased baking dish. Cover and bake at 375° for 10 minutes. Add the half cup of broccoli, and Top with fish fillets.
2. Cover and bake 20-25 minutes longer or until the fish flakes easily with a fork. Uncover; sprinkle with 1 tsp olive oil & 2 tsp lemon dressing

NUTRITIONAL FACTS:
Fatty fish like salmon are an excellent source of the omega-3 fatty acids DHA and EPA, both essential for brain growth and function.

DAY 4

Lentil soup with toast

1 cup of Lentil Soup
1 slice soft toast*
½ tomato
½ carrot
½ potato

1. Heat oil in a pan and gently fry the chopped onions for 5 minutes.
2. Add the chopped garlic, turmeric and cumin and continue cooking for a few minutes more.
3. Stir in the lentils, add the tomato, carrot and potato and cook for 35 minutes. Stir several times during cooking, especially towards the end, to prevent lentils from sticking to base of pan.
4. Stir in lemon juice and leave to cook for 2-3 minutes more.
5. No blending is necessary unless you want it really smooth.
6. Serve with Toast bread.

*contains wheat

Tomatoes and carrots are a great source of antioxidants that keep brain cells strong and healthy.

DAY 5

Pasta with meatballs in tomato sauce

2 meat balls
½ cup of pasta*
¼ cup of tomato sauce
1 tbsp. shredded carrots
1 cup of raw vegetables

1. Place the minced meat into a large bowl and form into 2 meat balls. Store, covered, in the refrigerator until needed.
2. In a large saucepan over medium heat, sauté onions, garlic and carrots in vegetable oil until onion is translucent.
3. Add the meatballs and cook until browned.
4. Stir in tomato paste and simmer for 30 minutes.
5. Serve sauce with cooked pasta.
6. Cut up your child's favorite vegetables and serve on the side with a tsp of olive oil and lemon juice as dressing.

*contains wheat

DAY 6

Arayes Kafta

¼ big Arabic loaf*
60 gr. kafta
1 tbsp. hummus dip
1 tomato
½ cup of cooked carrot and broccoli

1. Preheat the oven to 400 degrees F (200 degrees C).
2. In a food processor, combine the onions, garlic, and parsley until finely minced. Place the mixture in a large bowl and add in the beef and tomato.
3. Season with small amount of salt. Mix with your hands until well combined.
4. Arrange the pita quarters on a parchment-lined baking sheet.
5. Fill each quarter by spreading lightly with hummus and adding about 2 tablespoons of the meat mixture.
6. Brush each quarter with olive oil on both sides. Bake for 20 minutes, then turn once and continue baking for another 10 minutes.
7. When the pitas are browned and crispy, cool down and serve!

*contains wheat

DAY 7

Chicken ratatouille with rice and vegetables

½ cup cooked veggies (zucchini, carrots, eggplant)
½ cup rice
60 gr. cooked diced chicken

1. Heat olive oil in a large non-stick skillet.
2. Season chicken with small amount of salt; add to skillet and cook until browned on all sides, about 2 to 3 minutes.
3. Add onion, zucchini, eggplant, and carrots
4. Continue to cook over medium-high heat for about 12 to 15 minutes, or until fork-tender.
5. Serve over half cup of cooked brown rice.



SNACK 2

SNACK 2

DAY 1

1 cup of Growing up Milk (200 ml) with 1 small banana

**1 cup of Growing up Milk
A bowl of oatmeal and
1 small banana**

NUTRITIONAL FACTS:
Oats are loaded with fiber and are good sources of vitamin E, B-vitamins, potassium and zinc which make the body and brain function at full capacity.

DAY 2

Fresh berries

Half cup of fresh berries (strawberries, raspberries or blueberries)

NUTRITIONAL FACTS:
Berries (strawberries, raspberries, blueberries, etc...) are packed in antioxidants. High in vitamins A, B complex, C and E, which help to boost the immune system and reduce inflammation.

DAY 3

Mango cubes & yoghurt

**5 mango dices
1 plain Activia yogurt (120ml)**

NUTRITIONAL FACTS:
Yoghurt is rich in probiotics which boost immunity and protect the digestive track from harmful microorganisms that can cause intestinal infections. Yoghurt also contains B12, which maintains red blood cells and helps keep the nervous system functioning properly.

DAY 4

1 cup of Growing up Milk and Fresh strawberries

**1 cup of Aptamil Junior Growing up Milk (200 ml)
4 strawberries cut into cubes**

DAY 5

**Fresh melon
1 cup of cubed melon**

DAY 6

**Fresh watermelon
1 cup of Aptamil Junior Growing up Milk (200 ml)
1 cup of cubed watermelon**

DAY 7

**1 cup of Growing up Milk and kiwi or peach slices
1 cup of Aptamil Junior Growing up Milk (200 ml)
1 Kiwi or 1 medium peach cut into slices**



DINNER

DAY 1

Halloumi sandwich with vegetables

- 1 slice soft toast*
- 3 slices of grilled halloumi cheese
- slices of vegetables (colorful peppers & cucumbers)

*contains wheat

DAY 2

Labaneh sandwich with vegetables and 1 cup of Growing up Milk

- 2 slices soft toast*
- 1 tbsp. labaneh
- Cucumber and tomato sticks
- 1 cup Growing up Milk (200 ml)

*contains wheat

DAY 3

Hummus sandwich with vegetables and 1 cup of Growing up Milk

- 1 soft toast*
- 1 tbsp. hummus
- Small slices of cucumber and tomato
- 1 cup of Aptamil Junior Growing up Milk(200 ml)

*contains wheat

NUTRITIONAL FACTS:

Spread desired amount of hummus over bread slices. Divide sandwich ingredients over two of the slices, Add a small slices of tomato and cucumber

DAY 4

Grilled turkey and cream cheese sandwich

- ½ French baguette*
- 30 gr. (1 tbsp.) grilled turkey slices
- 1 lettuce leaf
- 1 tbsp. of spreadable cheese

*contains wheat

NUTRITIONAL FACTS:

Spread cream cheese on two slices of the French baguette. Layer turkey and lettuce over cream cheese; top with remaining bread.

DAY 5

Rice flakes with 1 cup of Growing up Milk

- 1 cup of Aptamil Junior Growing up Milk 200 ml
- ½ cup of rice flakes

DAY 6

Cheese on toast and tomatoes

- 1 slice of toast
- 30 gr. of low salt, pasteurized cheese
- 4 cherry tomatoes cut in halves

NUTRITIONAL FACTS:

Tomatoes and carrots are a great source of antioxidants that keep brain cells strong and healthy.

DAY 7

Grilled Cheese Rkakat (cheese rolls) with cucumber slices

- 4 grilled cheese rolls*(rkakat)
- 1 cucumber cut into slices

1. Lay out pieces of sandwich bread on a flat surface. Use a rolling pin to flatten. Then, if desired, use a knife to cut the crusts off of each piece of flattened bread.

2. Place a slice of cheese on top of each slice of bread, then roll up tightly to form a grilled cheese roll.

3. Place the grilled cheese rolls (about 3 at a time) seam-side down in the skillet, and cook on all sides until the bread is toasted and the cheese is melted. You can press the rolls down with a spatula to be sure that they do not unfold while cooking.

4. Remove and repeat with the remaining sandwiches. Serve immediately with slices of 1 medium sized cucumber.

*contains wheat