



SOUTH INDIAN PURE VEGETARIAN FOOD CHART FOR 2-YEAR OLD



Day	Early Morning	Breakfast	Lunch	Evening snack	Dinner	Bedtime
Monday	1/2 cup milk	Oats porridge sprinkled with raisins and nuts soaked overnight	Sambar rice, Rasam rice, vegetable poriyal	Boiled groundnut/ sweet corn, cut fruits	Dosa with sambhar leftover from lunch or chutney	One cup of milk
Tuesday	1/2 cup milk	Multi-grain porridge; 1 small banana	Salad with grated veggies, Rice, gravy with soaked chana/ green gram/ peas	Boiled sweet potato, roasted pistas	Arisi upma with curd or side-dish of choice	One cup of milk
Wednesday	1/2 cup milk	Idli with chutney or sambar	Keerai-Moong dal kootu, curd rice, potato or raw banana or elephant yam fry	Soaked almonds, walnuts, cut fruits	Wheat rava/ semiya upma with vegetables	One cup of milk
Thursday	1/2 cup milk	Pongal with chutney or sambhar	Rasam rice, curd rice, vegetable poriyal	Sundal with sprouted green gram or any legume of choice, Fruit milkshake	Idiyappam with kurma or cocounut milk	One cup of milk
Friday	1/2 cup milk	Aval upma with mixed vegetables	Dhal rice with vegetable poriyal, curd rice	Mixture of pori, pottu kadalai and roasted groundnuts; dry fruits	Chapathi with leftover dhal from lunch or vegetable kurma	One cup of milk
Saturday	1/2 cup milk	Dosa with chutney/ sambhar	Rice mixed with boiled dhal and small amount of vathal kuzhambu, Beetroot halwa/ fruit custard	Keera vadai, pori urundai	Thinai rice upma with coconut chutney	One cup of milk
Sunday	1/2 cup milk	Poori with potato masala	Paneer pulav/ Coriander rice/ pudhina rice/vegetable pulav with curd	fruit juice	Adai with murungai keerai	One cup of milk

