

# Toddler Food Starter List

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by



*Mommy's Here*

## FRUITS

Banana  
Peaches  
Watermelon (seedless)  
Blueberries  
Frozen Mango  
Grapes  
Pear Slices  
Apple Slices or Chunks

## VEGGIES

Avocado  
Cucumber  
Steamed Carrots  
Corn  
Sweet Peas  
Cherry or Diced Tomatoes  
Baby Spinach  
Sweet Potato

## MEAT/FISH/PROTEINS

Turkey  
Turkey Meatballs  
Turkey Hot dogs  
Turkey Burgers  
Beans (Black & Kidney)  
Veggie Chicken Patties  
Salmon (test for allergies)  
Tilapia (test for allergies)  
Shrimp (test for allergies)

## DAIRY

Scrambled Eggs  
Hard Boiled Eggs  
Shredded Cheeses  
Goat Cheese  
Quesadillas

## OTHER

Toast  
Cinnamon Raisin Toast  
Wheat Waffles  
Cheerios  
Quinoa  
Wheat Ritz  
Pita Bread  
Hummus  
Rice Cakes  
Naan