



MEAL SHARING

Hi Friend!

I'm Mel, a Food Allergy mom. My daughter is allergic to peanuts and milk and I have changed up my family recipes to accommodate her food allergies. I have included some links; simply click on a highlighted meal to jump to our recipe.

I will be sharing details in our [Facebook Group: Toddler Meals - Allergy Friendly Support](#). as I work through each week. Feel free to join and ask any questions and share your family favourites too!

Enjoy!
Mel ☺

DAY	BREAKFAST	LUNCH	DINNER	PREP WORK
SUNDAY	French Toast	Hype Food Co. Restaurant	Take 2!	Take out frozen whole chicken
MONDAY	Oatmeal , honey, frozen blueberries	Almond butter sandwiches, pear slices	Roast Chicken Dinner with veggies	Chop soup veggies Overnight oats prep
TUESDAY	Oatmeal with orange slices	Chicken Salad Sandwiches	Vegan Curry Rice Bowl	
WEDNESDAY	French Toast with fruit	Toasted Pitas 'chips' with hummus or almond butter	Sweet Potato Vegan Soup	Boil Eggs Take out Ground beef
THURSDAY	French Toast with fruit	Egg Salad Sandwiches	Cabbage Roll Soup	Chop cabbage / onions
FRIDAY	SosiCakes	AB & Jam Sandwiches	Take 2 Cabbage Roll Soup	Take out frozen buns
SATURDAY	SosiCake Sandwiches with fruit	Cabbage Roll Soup	Parents for dinner!	Take out frozen chicken