

50-Food Safe Foods Checklist

Check off every food your picky eater accepts. This is your meal planning inventory — the foundation for a sustainable weekly plan.

Pro tip: Aim for 2–3 items per category. An empty category = a nutritional gap worth noting.

Proteins

- Chicken nuggets
- Rotisserie chicken (plain)
- Scrambled eggs
- Cheese (cheddar, mozzarella)
- Yogurt (vanilla or plain)
- Peanut butter
- Deli turkey or ham
- Hot dogs
- Fish sticks
- Cottage cheese

Grains & Starches

- Plain pasta (any shape)
- White rice
- Bread / toast
- Flour tortillas
- Crackers (saltines, goldfish)
- Dry cereal
- Oatmeal
- English muffins
- Pancakes / waffles
- Pretzels

Fruits

- Bananas
- Apples (sliced)
- Grapes
- Strawberries
- Blueberries
- Mandarin oranges
- Applesauce
- Dried fruit (raisins, craisins)

Vegetables

- Corn
- Potatoes (mashed, baked, fries)
- Carrots (raw sticks)
- Cucumbers (sliced)
- Celery with peanut butter
- Steamed broccoli florets
- Peas (frozen, microwaved)
- Edamame

Dairy & Drinks

- Milk (whole or 2%)
- Chocolate milk
- String cheese
- Cream cheese
- Ice cream / frozen yogurt
- Smoothies (fruit + yogurt)
- Fortified orange juice
- Butter

Snacks & Comfort Foods

- Mac and cheese
- Pizza (cheese)
- Quesadillas
- Popcorn
- Graham crackers
- Animal crackers
- Rice cakes
- Cheese puffs