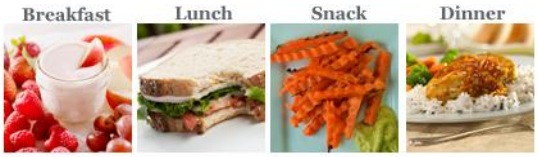
Super Healthy Kids Meal Plan

November 10-14

	Breakfast	Lunch	Snack	Dinner
Monday	Granola Bowl of Sunshine	White Bean Salad	Apples with yogurt and peanut butter dip	Mediterranean Pasta Salad
Tuesday	Steel Cut Pear Oatmeal	Veggie Pitas	Seeds & Berries Snack	Aunties Slow Roast
Wednesday	Breakfast Pizza	Spinach Pasta Salad	Cottage Cheese & Celery Sticks	Chicken Taco Lasagna
Thursday	Pumpkin Spice Smoothie	Chicken & Cucumber Wrap	Cucumbers & Hummus	Stir Fry Beef
Friday	Pumpkin Quinoa Pancakes	Turkey Roll-Ups	Hard Boiled egg and Toast	Spicy Salmon Supper

Enjoy our meal plans with your own recipes, or join today to get

- Our healthy recipes that go along with these meals!
- All the nutrition data for all these recipes,
- This shopping list to make these meals
- 28 new healthy recipes each and every week!
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