



## Super Healthy Kids Meal Plan

November 3-7

	Breakfast	Lunch	Snack	Dinner
Monday	Protein Muscle Oats	Grilled Cheese Pizza	Persimmon Smoothie	Black Bean and Corn Salad
Tuesday	Simply Cereal	Vegetarian Pitas	Brown Bag Popcorn	Personal Meatloaf & Greens
Wednesday	Breadless Egg-which	Bagel Sandwich & Nuts	Cucumber Sandwich Snack	Chicken-N-Mushrooms
Thursday	Celery Smoothie	Ham, Swiss, & apple Quesadilla	Persimmon Fruit Sticks	BBQ Chicken and Sweet Potato
Friday	Ham & Egg Scramble	Waldorf Spinach Salad	Carrot Slaw	Zesty Carribean Shrimp

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- 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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