



## Super Healthy Kids Meal Plan

Oct 13-17

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Yogurt Oats	Almond School Lunch	Mason Jar Veggies	Sweet Potato Lentil Chili
Tuesday	Avocado Burrito	Chili Lunchbox	Yogurt & Apples	Chinese Noodles
Wednesday	Boppin Banana Breakfast	Ham, Cheese, and Mushroom Wrap	Roasted Pears	One Pot Sausage & Pasta
Thursday	Sweetie Pie Smoothie	Pretzel Kabobs, Orange, and Edamame	Peaches & Cottage Cheese	Oven Roasted Chicken and broccoli
Friday	Sausage Eggwhich	Chicken & Cashew Salad	Broccoli Guac	BBQ Salmon with Wild Rice

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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