



Super Healthy Kids Meal Plan

Oct 27-31

	Breakfast	Lunch	Snack	Dinner
Monday	Chocolate Yogurt Parfait	Peanut Butter Heart Sandwich	Pears and Pomegranates	Quick Pasta Dish
Tuesday	Scrambled eggs w/ Peanut butter and Toast	Chicken Roll-Ups	Veggie Tree	Sweet Pork Tacos
Wednesday	Breakfast Bars	Chick-Pea Salad	Hummus and Peppers	Fall Veg Lasagna
Thursday	Banana Spice Smoothie	Halloween Pasta Lunch	Grahams and Peanut Butter	Tarragon Penne
Friday	Chocolate Pumpkin Pancakes	Monster Sammies	Witches Brooms	Broomsticks and Brains

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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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