

Super Healthy Kids Meal Plan

Sept 15-19

	Breakfast	Lunch	Snack	Dinner
Monday	Wake-Eat-Go Overnight Oats	Meatless Lunchable	Snappy Sugar Snaps	30 Min. Vegetable Paella
Tuesday	Morning Deviled Eggs	BLT Rollers	Edamame Hummus	Spanish Olive Chicken
Wednesday	No-Cook Breakfast Turkey Wraps	Chicken Salad	After School Pizza Bites	Slow Cooked Meatballs
Thursday	Sweet Cinnamon Shake	No Bread PB & J	Toast with Apples	Healthy Chicken Nuggets
Friday	Breakfast Cereal	Leftover Chicken Lunchable	Bell Peppers and Goat Cheese	20 min. Garlic Shrimp

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- This shopping list to make these meals
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