



## Super Healthy Kids Meal Plan

Sept 29-Oct 3

|           | <b>Breakfast</b>                | <b>Lunch</b>           | <b>Snack</b>                   | <b>Dinner</b>                           |
|-----------|---------------------------------|------------------------|--------------------------------|---|
| Monday    | Bountiful Breakfast Parfait     | Pizzable Lunchable     | Pistachios and Celery          | Vegetarian Flatbread Pizza              |
| Tuesday   | Scrambled Egg Whites and Fruit  | Turkey salad Roll      | Crisped Chickpeas              | Sweet potato, Kale, and sausage         |
| Wednesday | Raising and Brown Sugar Oatmeal | Sweet Potato Lunchable | Hummus Cucumber Cups           | One Pot Pork w/ Almonds and Green Beans |
| Thursday  | Peachy Keen Smoothie            | Bowtie Salad           | Fruit Salsa and Cinnamon Chips | Easy Crockpot Chicken and Rice          |
| Friday    | Sweet Wheat Berries             | Tasty Quinoa           | Fruited Yogurt and Nuts        | Stove Top Salmon                        |

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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