

## Super Healthy Kids Meal Plan

Sept 8-12

	Breakfast	Lunch	Snack	Dinner
Monday	Almond Butter Round Toast	Nectarine Summer Wraps	Lemon Lime Cracker Dip	Veggie Gumbo
Tuesday	Peach Pie Oatmeal	Meatless Lunchable	Nutty Applesauce	Beef and Mixed Veggie Salad
Wednesday	Veggie Egg McMuffin	Egg Salad on Toast	Carrots with Sweet Potato Hummus	Penne with Fish and zucchini
Thursday	Purple Potion Smoothie	Greek Salad	Cottage Cheese and Kiwi	Baked Cheesy Chicken w/Corn Salad
Friday	Pecan, Banana, Oats	Broccoli, Ham, and Pasta Salad	Cheesy Popcorn	Tropical Pulled Pork

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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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