



Super Healthy Kids Meal Plan

Dec 1-5

	Breakfast	Lunch	Snack	Dinner
Monday	Peanut butter and Banana Oatmeal	Sweet Pitas	Almond and Craisins	Veggie Rice Noodles
Tuesday	Breakfast Taquitos	Chicken Caesar Flatbread	Cinnamon Apples	Crockpot Pesto and Sweet Potatoes
Wednesday	Peaches and Cream Oatmeal	Turkey Wrap and Hummus	Crackers and Cheese	Sweet Tangy Meatballs
Thursday	Blueberry Plus Smoothie	Crunchy Pesto Wraps	Coconut Pineapple Pops	Honey Pecan Pork Chops
Friday	Turkey Bacon and Crustless Quiche	Turkey Bagel Sandwich	Homemade Applesauce	Penne Rosa Pasta w/Shrimp

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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