



**SUPER
HEALTHY
KIDS**

Super Healthy Kids Meal Plan

November 24-28

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal Mango and coconut	Mandarin Chicken Salad	Peanut Butter crunch apples	Avocado Tacos
Tuesday	Scrambled Spinach Eggs	Avocado Orzo Salad	Fruit and Nut Bars	Chicken Basil Stir Fry
Wednesday	Pumpkin Blueberry Pancakes	Chicken Salad Panini	Hummus Dip and Peppers	Baked Pasta with Spinach
Thanksgiving	Turkey	Wild Rice	Mashed Sweet Potatoes	Cranberry Sauce
Friday	Zucchini Quiche Bites	Grilled cheese and Sweet potato	Dried Apricot and Walnuts	Turkey and Roasted Pear Panini

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!
- [Sign Up Today](#)

