



Super Healthy Kids Meal Plan

Dec 15-19

	Breakfast	Lunch	Snack	Dinner
Monday	Peanut Butter English Muffin	Simple Black Bean Tacos	Hearts on a Log	Perfect Vegetarian Pasta
Tuesday	Cowboy Omelet	Asparagus Pasta Salad	Peanut Butter dip	Crockpot Pulled Pork Sandwiches
Wednesday	Oatmeal with Raspberries & almonds	Turkey Caesar Salad	Frozen Banana Bites	Hearty Vegetable Lasagna
Thursday	Cherry Kale Smoothie	Speedy Navajo Taco Salad	Vanilla-Nut Yogurt	Zesty Grilled Italian Chicken
Friday	Egg Waffle	Kickin Chicken Wraps	Zucchini Bites	Baked Whitefish

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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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