



Super Healthy Kids Meal Plan

Dec 29-Jan 2

	Breakfast	Lunch	Snack	Dinner
Monday	Blueberry Walnut Oatmeal	Turkey Sandwich on Rolls	Hummus Cucumber Cup	Black Bean Enchiladas
Tuesday	Egg and Avocado Breakfast Burrito	Ham-Apple Wraps	Yogurt & Nuts	Chicken Alabama
Wednesday	Chocolate Chip Cookie Oatmeal	Chunky Tomato Soup and Grilled Cheese	Celebration Fruit	Calzone Countdown with Pear Salsa
Thursday	Green start	Fruit and Veggie Firework Pasta	Kiwi & Almonds	Simply Black-eyed Pea Salad
Friday	Egg Salad Breakfast	Tuna Twisters	Porcupine Fun Fruit	Mustard Crusted Salmon

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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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