



Super Healthy Kids Meal Plan

Dec 8-12

	Breakfast	Lunch	Snack	Dinner
Monday	Cranberry Cinnamon Oatmeal	Kidney Bean Wrap	Greek Yogurt with Berries	Vegetarian Pasta w/ Tomatoes & Watercress
Tuesday	Breakfast Bagel	Turkey Fajita Pita	Crunchalicious	Slow Cooked Burrito
Wednesday	Speedy Breakfast Burrito	Lunch Box Taco Salad	Cheesy Parmesan Popcorn	Super Easy Ravioli Lasagna
Thursday	Banana Oat Smoothie	Ham and Cheese Pinwheels	Sugar Snaps with Honey Mustard Dip	Sweet & Sour Pineapple Potstickers
Friday	Wheat Germ Pancakes	Turkey and Cheese on Crackers	Baked Pita Slices with Hummus	Salmon Cakes

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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