



## Super Healthy Kids Meal Plan

Dec 22-26

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Baked Oatmeal	Pita Pinto Bean Pizza	Winter Fruit Compote	Vegetable Pot Pie
Tuesday	Egg Pepper and Potato Hash	Ricotta Spinach Pasta	Crispy Rice Apple	Turkey Spinach Meatballs
Wednesday	Granola Bowl	Christmas Cookie Cutter Lunch	Homemade Granola Bar	Slow Cooker Blueberry BBQ Pork
CHRISTMAS DAY	Crockpot Stuffing	Spiral Ham	Broccoli Salad	Sweet Potatoes
Friday	Poached Egg & Kale	Leftovers	Avocado Tomato	Fresh Fish Day

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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