



Super Healthy Kids Meal Plan

Feb 9-13

	Breakfast	Lunch	Snack	Dinner
Monday	Breakfast Burrito Bites	Peanut Butter and Jelly Lunch	Lemon Chickpeas & Pistachios	Southern Meatless Sautee
Tuesday	Overnight Cinnamon Oats	Monterey Quinoa Salad	Cupids Cucumbers and Carrots	Brown Rice Veggie Bowl
Wednesday	Sweet Toast Morning	Rancher Wraps	Walnuts & Apples	Olive Chicken Noodles
Thursday	Green Smoothie	Chicken Salad Lunch Crunch	Hummus Roll Up	Crockpot Teriyaki Apricot Pork Chops
Friday	Basic Oats and Hard Boiled Egg	Pepperoni Love-able with Fruits & Veg	Crispy Carrot Rounds	Simply Salmon

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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