



## Super Healthy Kids Meal Plan

Feb 2-6

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Almond Breakfast Quinoa	Lunchbox Salad	Yogurt and Peanut butter Apples	Avocado Mac-n-cheese
Tuesday	Scrambled Avocado Eggs	Spinach Grilled Cheese	Cucumber Hummus Boats	Greek Chicken Pitas
Wednesday	Crunchy Breakfast Parfait	Fiesta Lettuce Wraps	Mini Green Muffins	Cafe Rio Shredded Pork
Thursday	Orange Jewels Smoothie	Whole Wheat Penne with Broccoli	Pumpkin Spice Dip	No-Cook Spicy Tuna Wrap
Friday	Chocolate Oat Cakes	Pizza Pops	Bananas and Almonds	Shrimp Linguini

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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