



Super Healthy Kids Meal Plan

Jan 26-30

	Breakfast	Lunch	Snack	Dinner
Monday	Breakfast Bagel	Mediterranean Sandwich	Grape Slushy	Tabouleh Style Quinoa
Tuesday	Black Bean and Veggie Frittata	Bowtie Pasta with Marinara Sauce	Carrots and Celery Sticks	Garden Turkey Burger
Wednesday	Pomegranate overnight Oats	Salad Kabobs	Almond Ants on a Log	Citrus Pork
Thursday	Banana Spice Smoothie	Tuna and Hummus Wrap	Buttered Leeks	Savory Chicken Crepes
Friday	Buttermilk Oat Cakes	Ham and Cheese Sub	Fruit Skewers	Shrimp and Rice with Edamame

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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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