



Super Healthy Kids Meal Plan

Feb 16-20

	Breakfast	Lunch	Snack	Dinner
Monday	Fresh Breakfast Blend (oats & dates)	Vitamin Veggie Sandwiches	Yogurt Fondue	Veggie Pizza on Cauliflower Crust
Tuesday	Open Faced Cottage Cheese Toast	Simple Hummus Wrap	Produce on a Log (celery & veg)	Crockpot Beef Stew
Wednesday	Broccoli Scramble	Prince/Princess & the Pea Salad	Apple Coconut Wrap	Mushroom Turkey Lasagna
Thursday	Peanut Butter Green Smoothie	Ham and Cheese Bagel-wich	Cucumber Bites	Chicken & Veggie Salad
Friday	Sweet Potato Pie Pancakes	Chicken Pita Pockets	Monkey Crunch Snack Mix	Tilapia with Mango Salsa

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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
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