



## Super Healthy Kids Meal Plan

Feb 23-27

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Cereal with Fruit and Nuts	Hummus and Green Sandwich	Yogurt Fruit Kabobs	Bowtie Citrus Dish
Tuesday	Pear Omelet	Parmesan Pasta Plate	Hummus & Pepper Snack	Avocado Tacos
Wednesday	Oats and Wheat	Turkey Spinach Salad	Banana Chia Wrap	Orange Roast
Thursday	Orange Crush	Roast Salad Sandwich	Mini Pizza Snacks	Orange Glazed Chicken
Friday	Mini Blueberry Pancakes	Taco Wrap with Veggies	Fruity Orange Snack	Sweet 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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