



Super Healthy Kids Meal Plan

March 2-6

	Breakfast	Lunch	Snack	Dinner
Monday	Whole Wheat Ricotta English Muffin	Pita Taco Lunch	Apples and Peanut Butter	Lo Mein Made Easy
Tuesday	Eggs and Green Pizza	Bread Free Lunch	Honey Chickpeas	Tada Tostada
Wednesday	Breakfast Oat Bars	Lunchtime, Kid Approved Sushi	Egg White Salad Crunch	Chicken and Broccoli over Rice
Thursday	Purple Smoothie	Lunchbox Gyros	Fruit & Veggie Slaw	Turkey Zucchini Lasagna
Friday	Blueberry Sunrise Pancakes	Tuna Cabbage Salad Sandwich	Hummus in a Jar	Quinoa Pizza Bites

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!
- [Sign Up Today](#)

