



Super Healthy Kids Meal Plan

March 9-13

	Breakfast	Lunch	Snack	Dinner
Monday	Fruity French Toast Sticks	Egg Salad and Pea Sandwiches	Fruit and Cheese Bowl	Sweet Potato Skillet
Tuesday	Omelet Quesadilla	Spiral Pasta Salad	Pea Salad	Sesame Chicken
Wednesday	Strawberry Banana Crepes	Breadless Cucumber Rollups	Hidden Green Dip	One Pot Beef Noodles
Thursday	Salad Smoothie	Hummus & Veggie Wrap	Peas and Carrot Sandwich	New Potato Chicken and Broccoli
Friday	Apple Pie Oatmeal	Pizza Sandwich	Boiled Egg Sailboat	Quinoa Shrimp and Salad

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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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