



Super Healthy Kids Meal Plan

April 27 - May 1, 2015

	Breakfast	Lunch	Snack	Dinner
Monday	Green & Red Quesadilla	Shredded Veggie Pizza Sandwiches	Edamame And Cucumbers	Veggie Baked Ziti
Tuesday	Berrylicious Barly Breakfast	Turkey Pita-Wich	Hummus & Veg	Bowled Tacos with Chicken
Wednesday	Blueberry Bulgar	Avocado Chicken Salad	Carrots & Pepper Stick	Sweet Burgers
Thursday	Bowie's Apple Cider Shake	Tuna Wrapped Lunch	Almond and Apple	Simple BBQ & Fruit Salad
Friday	Chocolate Waffles	Fruit & Veg Packed Lunch	Coco-Nana's	Parmesan Tilapia with Mango

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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