



## Super Healthy Kids Meal Plan

April 20-24, 2015

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Quinoa Fruit Breakfast Bowl	Veggie Lunchbox	Crazy Cucumbers	Pesto Tortellini
Tuesday	Egg & Avocado Tortilla	Pesto Dippin' Tortellini	Strawberry & Mint	Taco's for X-Man
Wednesday	Springtime Oats	Beef Taco Salad	Carrot Hummus	Italian Sausage Stuffed Peppers
Thursday	Chocolate-Chocolate Breakfast smoothie	Kale & Apple Stuffed Pita	Wheatful Bananas	Rainbow Chicken & Green Mashed Potatoes
Friday	Quick & Healthy Anytime Bagel	Peanut Butter Coconut rice Cakes	Crispy Chickpeas	Almond Salmon Sticks & Cauliflower

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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