



Super Healthy Kids Meal Plan

May 11-15, 2015

	Breakfast	Lunch	Snack	Dinner
Monday	Breakfast Parfait	Stuffed Ham Sandwich	May Veggie Flowers	Make-em Smile Pasta
Tuesday	Pepper & Mushroom Scramble	Tortellini Lunchbox	Sand & Coconut No-bake Snack	Slow Cooker Beef & Broccoli
Wednesday	Roasted Oats with Berries	1/2 sandwich with caprese salad	Green Snack	Chicken Marsala
Thursday	Avocado Velvet Smoothie	Tuna Melt Quesadilla	Spiced Fig Balls	Turkey Sloppy Joes
Friday	Cinnamon Pancake Surprise	Pasta Shapes and Chicken Bites	Sunflower Seeds & Veggie Sticks	Seafood Baked Ziti

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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
- 28 new healthy recipes each and every week!
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