



Super Healthy Kids Meal Plan

July 6-10

	Breakfast	Lunch	Snack	Dinner
Monday	Almond Butter Waffle Sandwich	Sandwich Skewers	Apple slices, peanuts and raisins	Meat Free Sloppy Joes
Tuesday	Scrambled Eggs and Veggies	Cold Caprese Salad	Flowered Cucumbers	Simple Beef Tacos
Wednesday	Raisin & Pecan overnight oats	Cucumber & Apple Salad + Sandwich	Frozen Sweet Bites	Ground Pork Ziti
Thursday	Blueberry Blast Smoothie	Rainbow Wraps	Celery Pepper & Hummus	Skillet Lemon Chicken
Friday	Fresh Cinnasticks	Flat out Turkey Sandwich	Tropical Banana Treat	Sweet Lemon Salmon

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](#)

