



## Super Healthy Kids Meal Plan

June 8-12

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Bagels and Berries	PB&J Waffles	Strawberries and Cottage cheese	Angel Hair Pasta with Cherry Tomatoes
Tuesday	Avocado Scramble	Couscous kids salad	Hummus Carrots & Peppers	Mahi-Mahi Tacos
Wednesday	French Toast with Bananas	Hummus and Black bean Dip on Pita	Melon Ball Salad	Spinach Stuffed Shells
Thursday	Green Soy Shake	Spinach Caesar Wrap	Summer Crudite Tray	Slow-cooked Beef & bell peppers
Friday	Muscle Oats	Cracker Veggie Stackers	Yogurt Applesauce	Pesto Pizza with Strawberries

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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