



## Super Healthy Kids Meal Plan

July 13-16

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Clown Toast	Hummus Pita and Soup	Fruit Shapes	Lighter Vegetable Pot Pie
Tuesday	Toast, Avocado, and Egg	Bacon Lettuce Avocado Sandwich	Green Hummus	Mexican Black Beans, Rice, and Pork Chops
Wednesday	Cherry Oats	Salad Bowl with Yogurt	Watermelon on a Stick	Red Alfredo Pasta with Meatballs
Thursday	Sweet Banana Berry Smoothie	Fingerfood Lunchtime	Crunchy Veggies	Chicken in the Crockpot with Cucumber Feta Salad

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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