



Super Healthy Kids Meal Plan

July 27-30

	Breakfast	Lunch	Snack	Dinner
Monday	Almond Oats with Berries	PB & J with Melons	Mini Smoothie	Meatless Taco Ensalada
Tuesday	Omelet with Greens	Sweet Potato and Apple Salad	Ladybug Apples	Asian Quinoa Stir Fry
Wednesday	Lemon Blueberry Parfait	Turkey Pepper Sandwich	Edamame Swirls	Basil Chicken Parmigiana
Thursday	Pineapple Love Cool Crush	Waldorf Wraps	Pretzels and Peanut Butter	Slow Cooked Pepper Steak

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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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