



## Super Healthy Kids Meal Plan

August 24-27

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Maple Barley	Veggie Packed Lunch Box	Cucumber Sandwiches	Veggie Pot Pie
Tuesday	Kale McMuffin	Rootin Tootin Sammies	Nutty oranges	Rotisserie Tostada
Wednesday	Egg Feta Wrap	Tuna Cucumber Salad	Kickin Kale Chips	Meaty Meatballs with Spaghetti
Thursday	Carlie's Tropicgreen Smoothie	Green Green Turkey Salad	Mini Pizza Snacks	Slow Cooker Cuban Pork

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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
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