



Super Healthy Kids Meal Plan

August 10-13

	Breakfast	Lunch	Snack	Dinner
Monday	Owl Toast	PB & J Rice Cakes	Celery with Sprouts	California Bean Burger
Tuesday	Cheddar Chives Egg Scramble	Yellow Salad	Peanut Butter Balls	Chicken Tostadas
Wednesday	Crockpot Oatmeal	Cheese and Crackers Lunchbox	Pistachios and Mangos	Tiny Tortellii
Thursday	Pineapple Raspberry Smoothie	Barley Fruit Salad	Sweet Mini Peppers	Crockpot Meatloaf

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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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