



Super Healthy Kids Meal Plan

Jan 12-16

	Breakfast	Lunch	Snack	Dinner
Monday	Berry Baked Oats	Veggie Lunchbox	Trail Mix	Butternut, Pomegranate and Quinoa
Tuesday	Egg Hash Cups & Mango	Waffles for Lunch	Snowman Snack	BBQ Chicken Salad
Wednesday	Crunchy PB Oats	Parmesan Pasta	Green Snacks	Stuffed Jumbo Shells
Thursday	Pineapple Pear Smoothie	Turkey Pepper Rollups	Tomato Bowl	Crockpot Asian Chicken
Friday	Chickpea Pancakes	PB & J Taquitos	Frozen Fruit and Yogurt	Baked Tilapia and Broccoli Rabe

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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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