

## Super Healthy Kids Meal Plan

December 10-14

	Breakfast	Lunch	Snack	Dinner
Monday	Cottage Cheese Pancakes	Shredded cheese and Veggie pockets	Pumpkin Applesauce	Crunchy Quinoa Cakes
Tuesday	Scrambled Egg in a pita pocket	Grilled Peanut Butter and Banana	Popcorn and Pears	Quick and Easy Vegetable Rotini
Wednesday	Green Smoothie and Toast	Turkey Wrap	Crunchy Snap Peas and Dip	Chinese Chicken salad
Thursday	Cottage Cheese and Fruit	Chinese Chicken Pocket Salad	Christmas Trail Mix	Slow Cooker Easy Indian Stew
Friday	Hard Boiled Eggs and Bananas	Fiesta Quesadilla	String Cheese and Apple Slices	Tilapia Sticks with Coleslaw and Rice

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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