

Super Healthy Kids Meal Plan

December 17-21

	Breakfast	Lunch	Snack	Dinner
Monday	Flax French Toast	Peanut Butter Pinwheels with cutes	Kiwi Apple Yogurt	Vegetarian Black Bean Taquitos
Tuesday	Egg McMuffin with Fruit	Black Bean Quesadilla; Pomegranite Seeds	Veggie Sticks and Cheese Cubes	Grilled Asian Chicken; Stir-fry Veggies and Rice
Wednesday	Peaches and Cream of Wheat	Asian Chicken Veggie Wrap	Dried Apricots, Blueberries and Pretzel Sticks	Lime Infused Tilapia; Sweet Potatoes with Apples and Walnuts
Thursday	Banana Citrus Smoothie; Toast	Tuna Twisters with Carrots Sticks	Peanut Butter Apples and Celery	Crockpot Beef Stroganoff; Green Salad
Friday	Quick and Easy Apple Crepes	Chicken Salad Wrap; Pears	Dates and Almonds	Family Favorite Night

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!
- Get it today with our [7 Day Free Trial](#)

