

## Super Healthy Kids Meal Plan

December 24-28

	Breakfast	Lunch	Snack	Dinner
Monday	Gingerbread granola and yogurt parfait	Holiday pitas	Christmas Crostini	Crockpot Lasagna
Tuesday Christmas	Holiday Breakfast Burritos	Snowman Bagels with leftover veggies	Cinnamon almonds	Spiral Sliced Ham, Homemade Rolls, Crockpot Stuffing, Sweet baked potato, broccoli salad and fruit salad.
Wednesday	Whole Wheat Toast with Peanut Butter, Hard boiled Egg, Orange	Ham and Apple Bagels	Reindeer cheese	Black bean cornmeal pie
Thursday	Apple Smoothie with Whole Wheat Toast	Nut Butter Sandwich and Pineapple	Christmas crudité	Pigs in a Blanket and Peppers
Friday	Bagels with Fruit salad	Peanut butter, pear, cinnamon sandwich with carrots and cucumbers	Sugar snap pea tree	Almond Crusted Tilapia

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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