

Super Healthy Kids Meal Plan

December 31-Jan 4

	Breakfast	Lunch	Snack	Dinner
Monday	Whole Grain Pancakes topped with Fruit Yogurt	Chunky Tomato Soup and Grill Cheese	Count down Grapefruit	Quinoa Patty over Greens with Honey Mustard
Tuesday	Peanut Butter Toast with Cantaloupe Boats	Confetti Pasta Salad	Stoplight Pepper Sticks with dip	Salmon with Balsamic Sauce
Wednesday	Multigrain Cereal with Apples and Rasins	Fiesta Rice Salad	Heart Healthy Trail Mix	Broccoli, Chicken and Bowties
Thursday	Pineapple-Strawberry smoothie	Homemade Lunchable	Triscuits and Tomatoes with cheese	Beef Stew
Friday	Whole Wheat Cranberry Scones	Homemade Hummus Pita and Fresh Veggies	Cinnamon Steamed Apples	Pepper Jack Chicken Burritos

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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