

Super Healthy Kids Meal Plan

Jan 14-18

	Breakfast	Lunch	Snack	Dinner
Monday	Shredded Wheat with Fruit	Almond Butter with Dried Cranberries	Banana Chips and Walnuts	Quinoa Pizza Bites
Tuesday	Cinnamon Toast with Whole Applesauce	Orzo Pasta Salad with Spinach, Tomato, Feta	Carrot Fries with Dipping Sauce	Cheesy Black Bean Spinach Enchiladas
Wednesday	Berry Coconut Steel cut Oats	Superfood Salad with lemon Vinaigrette	Whole Wheat Soft Pretzels	Asparagus Risotto
Thursday	Cherry Pineapple Winter Smoothie	Hardboiled Egg and Chocolate Chip Pancake	Bell Pepper Nachos	Three Ingredient-Re-fried beans
Friday	Banana Oat Breakfast Cookies	Chicken and Black Bean Salad Wrap	Tangerines and Pretzel Sticks	Pike (or haddock) with dill and lemon pepper vegetables

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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