

## Super Healthy Kids Meal Plan

Jan 21-25

	Breakfast	Lunch	Snack	Dinner
Monday	Veggie Pancakes	BBQ Chicken Sandwich with Broccoli and Orange	Chocolate Chip Yogurt Dip with Fruit	Quinoa Stuffed Peppers
Tuesday	Pumpkin Spread on Toast with Banana And Milk	Greek Pasta Salad	Veggie Snowflake with Spinach Dip	Black Bean Nacho Pizza
Wednesday	Peach and Pecan Oatmeal	Pizza Rollups	Mandarins and Almonds	Lemon Dill Shrimp and Pasta
Thursday	Lindsay's Cream Smoothie	Apple Cranberry Walnut Salad	After School Popcorn Mix	Slow Cooker Lentil Stew
Friday	Blueberry Pancakes	Egg Salad Sandwich	Fruit Salsa	Leftovers

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!

[Sign up here Today](#)

