

Super Healthy Kids Meal Plan

Jan 28-Feb 1

	Breakfast	Lunch	Snack	Dinner
Monday	Breakfast Orange French Toast	Wish for Fish Sandwich	Pears and Pecans	Crockpot Black Eyed Peas
Tuesday	Fruit and cream cheese toast with grapefruit	Caesar Salad Egg Wrap	Cauliflower and carrots	Carne Asada Tacos
Wednesday	Pumpkin Pie Oatmeal	Mexican Quinoa Salad	Honey Spiced Pretzels	Pizza Primavera
Thursday	Tammy's Blue Smoothie	Fiesta Lettuce Wraps	Turkey Power Balls	Chickadilla Soup
Friday	Cheerios and Pears	Buffalo Chicken Sandwich	Fruit Cones	Pesto Crumb topped Fish

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- 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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