

Super Healthy Kids Meal Plan

Feb 4-8

	Breakfast	Lunch	Snack	Dinner
Monday	Ginger Apple Cake	Turkey Avocado Pitas	Kiwi and Apple slices	Quinoa Fajitas
Tuesday	Cottage Cheese and Blueberry Toast	Asian Bowtie Pasta	Ants on a Log	Vegetable and Beef Skillet Dinner
Wednesday	Overnight Swiss Oatmeal	Chickpea Salad	Orange Slices and Almonds	Pasta with Homemade Marinara sauce
Thursday	Very Berry Smoothie	Crunchy Peanut Butter Wraps	Roasted Cauliflower	Vegetarian Tamale Pie
Friday	Kashi and bananas	Lite Chicken Sandwich	Hummus with Pita Points	Baked Parmesan Fish

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 Today](#)

