


Super Healthy Kids Meal Plan

Valentines: Feb 11-15

	Breakfast	Lunch	Snack	Dinner
Monday	Belgium Flax Waffles	Veggie Sandwiches	Nuts-For-You Yogurt	Egg Drop Soup and Fried Rice
Tuesday	Toast and Jam Hearts	Pepperoni Love-ables	Sweet 'Heart' Potato Hummus	Chipotle Tacos
Wednesday	Baked Oatmeal	Green Salad with Hard Boiled Eggs	Cinnamon Honey Bananas	Crockpot Squash Lasagna
Thursday Valentines Day	Romantic Sunset Smoothie	Sweet 'heart' hummus wrap	Roasted Cauliflower	Fancy Chicken Dinner
Friday	Passion Parfaits	Apple Rice Cakes with Celery Bites	Homemade Peanut Butter crackers	Date Night 

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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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