

Super Healthy Kids Meal Plan

Feb 18-22

	Breakfast	Lunch	Snack	Dinner
Monday	Whole Wheat Pancakes with Blackberry Crush	Lite Egg Salad Sandwich	Fancy Banana Bites	Vegetarian Chili
Tuesday	Avocado, Bacon and Tomato Toast	Chopped Mediterranean Salad	Homemade no-fry French Fries	Fajita-Style Quesadillas
Wednesday	Peach Almond Refrigerator Oatmeal	Turkey Pinwheels with Sunchips and Grapefruit	Veggie Dippers with Poppy seed Dressing	Crockpot Pork and Asian Linguini
Thursday	Fiber Cereal	Vegetarian Taco Salad	Almonds with Dried Cranberries	Five-Spice Turkey Lettuce Wraps
Friday	Chunky Monkey Smoothie	Peanut Butter and Jam Sushi Rollups	Strawberries and Peaches	Salmon with Avocado Salsa

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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
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