

Super Healthy Kids Meal Plan

Feb 25-March 1

	Breakfast	Lunch	Snack	Dinner
Monday	Strawberry Banana Roll Up	Tuna and Avocado Sandwich	Cheesy Celery Sticks	Spinach Lasagna Roll Ups
Tuesday	Fruit and Cheese English Muffins	Pesto Pasta Salad	Pretzel Sticks and Clementines	Spaghetti Squash Ole
Wednesday	Breakfast Rice Cereal	Peanut Butter English Muffin Sandwiches	Banana Bread	Egg Plant Parmesan
Thursday	Pineapple Mango Smoothie	Hummus and Veggie Sandwich	Snow Peas and Cheese Sticks	Crockpot Tikka Marsala
Friday	Banana Bread French Toast	Peanut Butter Crackers	Cinnamon Apple Chips	Beef and Barley Soup

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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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