

Super Healthy Kids Meal Plan

March 4-8

	Breakfast	Lunch	Snack	Dinner
Monday	Pancakes with Orange Sauce	Banana Hotdog with Carrot Sticks	Broccoli Trees and Sandy Beach Beans	Quinoa cakes with Lemon-Dill Sauce
Tuesday	Bread Pudding and Grapefruit	Turkey, Pear and Brie Sandwich	Sweet Mini Peppers	Asian Noodles with Ground Turkey
Wednesday	Peanut Butter and Oatmeal	Chicken Caesar Salad	Brown Bag Popcorn	Vegetable Manicotti
Thursday	Sweet Pumpkin Smoothie	Ham and Turkey Roll ups	Banana Pops	Louisiana Red Beans and Rice
Friday	Whole Wheat Raisin Bagel and Banana	Fruity Cottage Cheese Salad	Strawberries and Cottage Cheese	Cornmeal Crusted Whitefish Sandwiches

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!
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