

Super Healthy Kids Meal Plan

March 11-15

	Breakfast	Lunch	Snack	Dinner
Monday	English Muffin Egg Pizza	Salad in a Jar	Crazy Cucumbers	Vegetable Sizzlers
Tuesday	Whole Wheat Crepes with Sautéed Apples	Avocado and White Bean Wrap	Cauliflower and Carrots	Easy Goulash
Wednesday	Breakfast Bulgar Porridge	Lucky Leprechaun Pasta	Baked Pears and Chocolate	Crockpot Tacos
Thursday	Incredible Hulk Green Smoothie	Hummus and Avocado Toast	Snow Peas and Pears	Bronzed Pork with Red Chili Glaze
Friday	Egg and Toast with Melon	Turkey Club Wrap	Apple Slices, Peanuts, and Raisins	Meatball Soup

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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