

Super Healthy Kids Meal Plan

March 25-29

	Breakfast	Lunch	Snack	Dinner
Monday	Banana Sushi	Zippy Tuna Pocket	Fruit Tart	Mexican Quinoa Bowl
Tuesday	Apple Pie Parfait	Cheesy Tomato Bread	Mango Salsa	Pizza with Whole Wheat Crust
Wednesday	Pink Smoothie with Toast	Homemade Chips, Salsa and Cheese Cubes	Fresh Orange Slices and String cheese	Spaghetti with Meat Sauce
Thursday	Quinoa Pear Breakfast	Chicken and Apple Wrap	Fresh Broccoli, Cauliflower, with Ranch	Slow Cooker BBQ Beef Sandwiches
Friday	Bunny Pancakes	Ants on a Log, apple Slices, cracker	Boiled Egg Sailboats	Barbecue Salmon with Wild Rice

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- All the nutrition data for all these recipes,
- This shopping list to make these meals
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