

Super Healthy Kids Meal Plan

April 1-5

	Breakfast	Lunch	Snack	Dinner
Monday	Pumpkin Bread and Orange Juice	Leftover Easter Eggs and Tropical Fruit Salad	Pear-Berry Yogurt Pops	Vegetarian Stuffed Zucchini
Tuesday	Almond Butter and Strawberry Toast	Lunch Kabobs	Sunflower Seeds and Veggie Sticks	Mexican Haystacks
Wednesday	Crockpot Apple-Berry Oatmeal	Raspberry Chicken Salad Wrap	Leftover Pumpkin bread and Bananas	Easy Butternut Squash Ravioli
Thursday	Grapefruit Smoothie	Apple Ring Sandwiches	Cheesy Cauliflower Dippers	Gingered Pork
Friday	Pancake Bites	Turkey Pita	Walnuts and Dried Cherries	Baked Potato Bar

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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