

Super Healthy Kids Meal Plan

April 8-12

	Breakfast	Lunch	Snack	Dinner
Monday	Whole Wheat Waffles and Strawberry Sauce	Peanut Butter coconut rice cakes	Cantaloupe Cubes	Bean and Veggie Enchilada
Tuesday	Hash Brown Cups with Eggs	Sunshine Mac and Cheese	Pumpkin Drops	Steak Stroganoff with Asparagus
Wednesday	Banana Split Oatmeal	Ham and Lettuce Wraps	Crackers with Hummus and Veggies	Pasta and Veggies with Lemon Yogurt Sauce
Thursday	Blueberry Banana Smoothie	Veggie Wrap	Microwave Steamed Broccoli and Cheese	Slow Cooker Chicken and Sweet Potatoes with Carrots
Friday	Bran Flakes and Fruit	Cucumber and cream cheese sandwich	Banana and Peanut butter	Pesto Shrimp Bowl

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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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