

## Super Healthy Kids Meal Plan

April 15-19

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Strawberry Breakfast Bruschetta	Egg Salad on Crackers	Apples and Goldfish Crackers	Eggplant Gyro
Tuesday	Lemon Blueberry Parfait	Mango and Black Bean Quinoa Salad	White Bean Dip with Vegetables	Turkey Taco Bowls
Wednesday	Breakfast Tostadas	Turkey Avocado on Whole Wheat	Cinnamon Orange Slices with Almonds	Tabbouleh
Thursday	Mint Chocolate Chip Shake	Broccoli Pizza Rice Cake	Corn Salsa	Slow-Cooker Chicken Cacciatore
Friday	Sweet Potato Pie Pancakes	Raisin Bagel with Peanut Butter and Banana	Kale Chips	Honey Lime Tilapia

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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