

Super Healthy Kids Meal Plan

July 1-5

| | Breakfast | Lunch | Snack | Dinner |
|--------------------------------------|---------------------------------|-------------------------------------|-----------------------------|------------------------------|
| Monday | Red White and Blueberry Waffles | Leftover Wafflewiches | Star Spangled Stackers | Asian Fried Quinoa |
| Tuesday | Orange Creamsicle Smoothies | Sweet potato and Granny smith salad | Spicy Sugar Snap Peas | Mini Mexican Meatloaves |
| Wednesday | Patriotic Porridge | Tortellini Salad with Asparagus | Banana Bald Eagles | Chicken and Herb Pizza |
| Thursday 4 th of July! | American Flag Toast | PB&J on Hamburger buns | Red, White, and Blueberries | Slow Cooker Spaghetti Sauce |
| Friday | Breakfast Apple Sandwich | Leftovers | Fresh Cherries and Yogurt | Tilapia Sticks with Coleslaw |

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!
- [Sign Up Today](#)

