

## Super Healthy Kids Meal Plan

July 8-12

	Breakfast	Lunch	Snack	Dinner
Monday	Whole Wheat Hotcakes	Peanut Butter and Jam Sandwich	Almonds and Apricots	Kids Choice Pasta
Tuesday	Apple Cinnamon Baked Oatmeal	Middle Eastern Pita	Triple Berry Bowl	Chickpea Quinoa Burgers
Wednesday	Pinktastic Smoothie	Turkey and Spinach Wrapped with Love	Heart Healthy Trail Mix	Poblano chicken Bulgur
Thursday	Berry Good Oatmeal	Ham and Cabbage Wraps	Crunch Time	Blueberry Turkey
Friday	Cocoa-Oat Cakes	English Muffin Pizzas	Apples and Yogurt Dip	Enchiladas

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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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