

Super Healthy Kids Meal Plan

July 22-26

	Breakfast	Lunch	Snack	Dinner
Meatless Monday	Breakfast Barley	Meatless Panini	Yogurt Applesauce	Couscous Pilaf
Tuesday	Sunny Inside-Out	Yellow Salad	Fruit On a Stick	Sweet and Tangy Shredded Beef Burritos
Wednesday	Apple Oatmeal	Sesame Noodles	Pistachios-n-Mango	Easy Rotisserie Chicken
Thursday	Blue Lemon Bomb	Sundried Wraps	Yogurt Crunch	Crockpot Apple Cheddar Turkey Meatballs
Friday	Quinoa Cereal with Fresh Fruit and Raisins	Grilled Cheese and Apple Sandwich	Bean Dip-N-Chips	Bran Baked Fish

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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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