

Super Healthy Kids Meal Plan

July 29-Aug 2

	Breakfast	Lunch	Snack	Dinner
Monday	Veggie English Muffin	Pocket Full of Veggies	Nutty Apples	Teenage Mutant Ninja Pasta
Tuesday	Egg Waffles	Pesto Pasta Leftovers	Roasted Beets	Personal Pizzas
Wednesday	Overnight Steel Cut Oats	Barley Fruit Salad	Berrilicious Grahams	Tiny Tortellini
Thursday	Pineapple-Raspberry Smoothie	Sandwich Thins	Veggin Hummus	Easiest Sweet Pork
Friday	Fruit and Cottage Cheese	Pinwheels	Cheesy Fruitastic Crackers	Fabulous Crunchy Fish Sticks

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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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