

Super Healthy Kids Meal Plan

Sep 2-6

	Breakfast	Lunch	Snack	Dinner
Monday	Banana Oatmeal	Cheesey "Non- Burger"	Cherries and Nuts	Sesame Noodles
Tuesday	Deviled Breakfast Eggs	Couscous and Fruit	Cheese and Veggie Stackers	Cheesy Broccoli and Tomato Flatbread
Wednesday	Easy Waffles and Fruit	Tomato Quinoa Salad	Lemony Limey Snack	Pepper jack Chicken Burritos
Thursday	Razzle Dazzle	Cheesy Apple Quesadillas	After school Pizza Bites	Tuscan Chicken and Beans
Friday	Peanut English Muffin	Power Packed Pita	Peaches and Cottage Cheese	Sweet Salmon and Rice

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!
- Plus, weekly support from us!
- <u>Sign Up Today</u>

