

## Super Healthy Kids Meal Plan

## Sep 16-20

	Breakfast	Lunch	Snack	Dinner
Monday	Carrot Cake Pancakes	PB & Peach Funwich	Granola!	Easy Cheesy Quesadeezy
Tuesday	Tex-Mex Breakfast Sandwich	Turkey Pockets	Humm-a-rific	Taco Tuesday
Wednesday	Oats and More	Not From the Lunchline Pizza	Cottage Cheese and Kiwi	Italian Meatballs over Linguini
Thursday	Vanilla Green Monster Smoothie	A Meatless Lunchable	Yummy Apple Rounds	Simple Whole Chicken Crockpot Dinner
Friday	PB & J Oatmeal	Leftover Chicken Salad Sandwich	Fall Fruit Salad	Shrimp and Pesto Dinner

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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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