

	Breakfast	Lunch	Snack	Dinner
Monday	Banana Honey Nut Waffles	Vita-Kids Sandwiches	Fiesta Black Bean Dip and Veggies	Risotto Orzo
Tuesday	Hawaiian Breakfast Wraps	Lunch in Hawaii	Hawaiian Tuna Bites	Island Fajitas
Wednesday	Oats for Fitness	Lunchbox Sub Sandwich	Cherry Tomato Buggz	Garlic Pasta with Turkey Crumbles
Thursday	Choco-chocolate Smoothie	Hummus Pita	Yogurt and Bananas	Kung Pao Chicken
Friday	Sweet Sunrise Couscous	An English Sandwich	Cheese and Apples	Seemingly Fried Fish

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!
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