

	Breakfast	Lunch	Snack	Dinner
Monday	Raisin Cookie Oatmeal	Hummus Pita	Pumpkin Applesauce	Veggie Rice Bowl
Tuesday	Egg-celent Veggies	Grilled peanut butter and banana	Basic After School Veggie Tray	Taco-Rific Tuesday
Wednesday	Wheaty apples and Yogurt Wednesday	Broccoli and Bowties	Sugar Snap Peas and Ranch	Viva Italia Chicken
Thursday	Green Smoothie	Wrap It Up Chicken	Fast Food Apple Snack	Crockpot Turkey with Sweet Potatoes
Friday	Breakfast Salad	Toasted Peanut butter and Jam with carrots	Pineapple Orange bowl	Cinnamon Salmon

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!
- [Sign Up Today](#)

