

	Breakfast	Lunch	Snack	Dinner
Monday	Oat Pancakes	Greens & Hummus Sandwich	Pineapple and Cottage Cheese	Grains and Pinenuts
Tuesday	Scrambled Eggs over Quinoa	Spiral Pasta and Veggies	Cinnamon Steamed Apples	Colorful Rice and Sausage
Wednesday	Peach and Pecan Oats	Chickie-P-Salad	<a href="#">Coconut Peanut Butter Balls</a>	Italian Garden Pasta
Thursday	Grapefruit Smoothie	Sweet Curried Tuna Pita	After School Snack Mix	Crockpot Chicken and Chickpeas
Friday	Cheerios and Pears	Artichoke Bagel Sandwich	Wheatful Bananas	Whitefish and Citrus Green Beans

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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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