

Super Healthy Kids Valentines

Meal Plan Feb 10-14



	Breakfast	Lunch	Snack	Dinner
Monday	Grainful French Toast	Oven Roasted Veggie Orzo	Spiced Mandarin Oranges	Quinoa Salad
Tuesday	Quick Eggs	Italian BLT	Mini Veggie Pizzas	Crockpot Bean Sushi
Wednesday	Pear and Fig Bake	Leftover Sushi Rolls	Fruit and Veg Snack Sticks	Veggie- Fredo
Thursday	Pink Heart Smoothie	Heartfelt Turkey Sandwich	Homemade Peanut Butter Crackers	Crockpot Pork and Asian Linguini
Friday	Pure Pink Pancakes	Sweet Heart Grilled and Red Apple Bites	Chocolate Dipped Strawberries	Fancy Chicken Dinner with the Kids

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- All the nutrition data for all these recipes,
- This shopping list to make these meals
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