

Super Healthy Kids Valentines

Meal Plan Feb 17-21



	Breakfast	Lunch	Snack	Dinner
Monday	Honey Nut Oatmeal	Nut Butter Dippers	Broccoli Cheese Bites	Pineapple Fried Rice
Tuesday	Spinach and Bacon Omelet	Kidirific Pasta Salad	Zucchini Zips	Tango Tacos
Wednesday	Breakfast Bagel	Waldorf Chicken Salad	Roasted Chickpeas	Turkey Meatball Sliders
Thursday	Your Look Bright Smoothie	Avocado Tortilla Rolls	Kids Can Make it Cheesecake	Slow Cooker Pot Roast
Friday	Waffle Breakfast Sandwich	Tuna and Chickpea Salad	Orange and Carrot Slush	Cornmeal Crusted Tilapia

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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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