

Super Healthy Kids Valentines



Meal Plan Feb 24-28

	Breakfast	Lunch	Snack	Dinner
Monday	Apples Love Peanut Butter Sandwiches	Tooney Tuna Sandwich	Cauliflower Popcorn	Toasty Quinoa Salad
Tuesday	Breakfast Quinoa	Sweet Potatoes and Breakfast Cereal	Veggies & Poppyseed Dressing	Queso-queso Quesadilla
Wednesday	Muffin Sandwiches	Leftover Quesadillas	Gracey's Granola	Angel Alfredo
Thursday	Morning Cherry Bomb Smoothie	Nuggets of Chicken and Veggies	Homemade Apple Chips	2 Ingredient Pulled Pork
Friday	Passion Parfait	Fruity Cottage Cheese and Salad	Still Yummy Granola (add yogurt)	Almond Crusted Salmon

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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
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