

Super Healthy Kids Valentines

Meal Plan March 3-7



	Breakfast	Lunch	Snack	Dinner
Monday	Cranberry Banana Berry Oatmeal	Cool Cucumber Pita	Frosty Berries	Mikayla's Quinoa Veggie Mix
Tuesday	Feta Scramble and Mango Chunks	Italian Veggie Pasta Salad	Mini Veggie Bowls	Power Bean and Turkey Salad
Wednesday	Oatmeal Pancakes	Turkey Avocado Sandwich	Mini PB & Berry Panini	Ziti Squashitti
Thursday	Sweet Pear Maiden Smoothie	Pizza Patties Lunchable	Deviled Eggs	Simply Ginger Chicken
Friday	Wonderful Waffles	Ginger Chicken Sandwich	Apples w/Peanut Butter	Tilapia Tacos

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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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