

# Super Healthy Kids



## Meal Plan April 21-25

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Blueberries & Cream Oatmeal	Southwestern Cheese Panini	Toasted Crackers and Cheese	Baked Ratatouille
Tuesday	Egg Burritos	Tuna Salad with Crackers	Roasted Pears	Fajita Quesadillas
Wednesday	Rye French Toast	Layer it up Sandwiches	Roasted Chickpeas	Bowties & Collards
Thursday	Fruited Pancakes	Turkey Spinach Rollups	Edamame and Cucumbers	Meatballs in a Crockpot
Friday	Vanilla-Green Bean Monster	Bowties and Collards Leftovers	Baked Apples	Salsa Salmon

Enjoy our meal plans with your own recipes, or join today to get

- 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!
- Plus, weekly support from us!
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