

Super Healthy Kids

Meal Plan July 7-11

	Breakfast	Lunch	Snack	Dinner
Monday	Sprinkled Strawberry Oats	Broccoli salad and Cherries	Yogurt and Applesauce	Egg Sandwich Dinner
Tuesday	Eggs in a Basket	Sweet Potato and Apple Salad	Frozen Yogurt Pops	Brown Sugar Meat Loaf
Wednesday	Kashi Parfait	Pita Turkey Pockets	Spicy Sugar Snap Peas	Mom's Goulash
Thursday	Banana Boat Blender	Summertime Lunchable	Summer Crudite Tray	Mahi Tacos
Friday	Mini Pancakes on a Stick	Spinach Wrap	Apple and Peanut Butter Sandwiches	Perfect Pizza

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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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