

## Super Healthy Kids

### Meal Plan July 14-18

	Breakfast	Lunch	Snack	Dinner
Monday	Cereal and Bananas	Simple Veggie Sandwich	Frozen Grapes	Bean Burrito
Tuesday	Swiss Chard Quiche	Peanut Butter Pinwheels	Zucchini Pizza Bites	Crockpot Seasoned Pork
Wednesday	Plum Oatmeal	Sweet Quinoa	Sand and Coconut No Bake	Pasta with Meat Sauce
Thursday	Pina Colada Smoothie	Porky's Wrap	Vanilla Nut Yogurt	Chicken Bites
Friday	Raspberry French Toast Bake	Turkey Pepper Sandwich	Whole Wheat Soft Pretzels	Cauliflower Beef Nachos

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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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