

Super Healthy Kids Meal Plan

Aug 4-8

	Breakfast	Lunch	Snack	Dinner
Monday	Chia Lemon Cakes	Veggie Sandwich	Carrots with Laughing Cow Cheese	Quinoa Veggie Muscle Bowl
Tuesday	Nuts-N-Oats	Let Us Eat Lettuce Wraps	Melon Ball Salad	Texas Lovin Turkey Burger
Wednesday	Eggs and Bagels	Apples and Bagels	Yogurt and Nuts	Summer Lasagna
Thursday	Pear-Berry Smoothie	Rootin-Tootin Sammies	Peanut Butter and Jelly Crackers	Crockpot Chicken Parmesan
Friday	Breakfast Cereal Bars	Kale Quinoa Salad	Cucumbers, carrots, and Melon Sticks	Shrimp Stir-Fry

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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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