

Super Healthy Kids Meal Plan

Aug 11-15

	Breakfast	Lunch	Snack	Dinner
Monday	Triple Grain Cereal	Cucumber Sandwich	Crispy Chickpeas	Loaded Salad
Tuesday	Quick and Easy Quiche	Traffic Light Sandwiches	Peach and Veggie Salsa	Tasty Tacos
Wednesday	Raisin-Cran Cereal	Chopped Asian Salad	Just Peachy Smoothie	Chicken & Pasta
Thursday	Dots Morning Drink	Fruit Pita and Salad	Veggie Snaps and Dips	Mexican Pizza
Friday	Banana Nut Waffles	Back to School Lunch Box	Berrilicious Grahams	Sweet Salmon and Couscous

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!
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