

## Super Healthy Kids Meal Plan

Sept 22-26

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
Monday	Oats In a Jar	Orzo-Chick-Broc Salad	Energy Bites	Mediterranean Salad
Tuesday	Coco-Quinoa	Cucumber Sandwiches	Rainbow Peppers and Gold	Turkey Stuffed Peppers
Wednesday	Quick Quiche	Grilled Cheese Pizza	Honey Apple Pops	Ravioli and Marinara
Thursday	Super Red Beet Smoothie	Tuna Wraps	Pink Hummus	Parmesan Chicken in a Crockpot
Friday	Sweet Zucchini Oatmeal	PB & J Pizzas	Butterfly Snacks	Halibut and Salsa

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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