



Super Healthy Kids Meal Plan

April 6-10, 2015

	Breakfast	Lunch	Snack	Dinner
Monday	Fruit & Honey Oatmeal	Avocado & White Bean Wrap	Fresh Pineapple & Pistachios	Pasta with Broccoli
Tuesday	Cobb Scramble	Pasta Tomato Salad	Fruit Fruit Kabobs	Pot Stickers
Wednesday	Mango Breakfast Bowl	Ham & Turkey Roll Ups	Cucumber Avocado Rolls	Rotisserie Chicken Fried Rice
Thursday	Green Goodness Smoothie	Zippy Tuna Pocket	Strawberries & Cottage Cheese	F flank Steak Fajitas
Friday	Blueberry French Toast	Rainbow Sandwiches	Frozen Yogurt Drops	Honey Mustard Salmon

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!
- [Sign Up Today](#)

