



Super Healthy Kids Meal Plan

March 23-27, 2015

	Breakfast	Lunch	Snack	Dinner
Monday	Monkey Waffles	Mexi-Grilled Cheese Toast	Sweet Mini Bell Peppers	Veggie Rice Saute
Tuesday	Apple Nut Oats	Uncrustable Lunchbox	Blueberry Applesauce	Cheesy Spinach Stuffed Chicken
Wednesday	Morning Parfait	Chickpea and Cucumber Salad	Edamame Swirls	Italian Skillet
Thursday	Bananarama Smoothie	Turkey Apple Rollups	Peanut Butter Granola Bars	Easy Whole Chicken Roast
Friday	Banana Bite Pancakes	Cold Pasta with Olives and Tomatoes	Parmesan Baked Tomatoes	Rotisserie Chicken Tortilla Soup

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- All the nutrition data for all these recipes,
- This shopping list to make these meals
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