



Super Healthy Kids Meal Plan

May 25-29, 2015

| | Breakfast | Lunch | Snack | Dinner |
|-----------|-------------------------------|------------------------------|-----------------------|---|
| Monday | American Toast | Kabobs in a Lunchbox | Carrot Slaw | Lentil Mushroom Pasta |
| Tuesday | Morning Quesadilas | Greek Salad to Go | Banana Chia Wraps | Oven Baked Teriyaki Casserole |
| Wednesday | Cinnamon Oats | Edamame Quinoa Salad | Roasted Mushrooms | White Pasta with Beef |
| Thursday | Coconut Citrus Green Smoothie | Peanut Butter & Jelly Crepes | Ants sunning on a log | Crockpot Chicken with Carrots and Mushrooms |
| Friday | Take-me to go pancakes | Kids Faux Sushi | Cinnamon Apples | Grilled Salmon with Zucchini & portabella |

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](#)

