



Super Healthy Kids Meal Plan

June 1-5

	Breakfast	Lunch	Snack	Dinner
Monday	Toaster Morning	Bagel with Cream cheese and Jam	Apple and Peanut butter sandwich	Sun-Dried Tomato Pesto Pasta
Tuesday	Spinach, Ham, & Egg Scramble	Broccoli and Cauliflower Pasta Salad	Raw Coconut Chunks	Rhubarb Chicken Fajitas
Wednesday	Gingered Oats	Tuna Salad with Crackers	Powered Up Hard Boiled Eggs	Mini Italian Meatballs
Thursday	Pink Spinach Smoothie	Hammed up wrap	Rhubarb Applesauce	Crockpot Thai Pork
Friday	Power up Breakfast Bar	Shapeful PB & J	Rainbow Fruit Sticks	Fish Fingers

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- 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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