



SIMPLE INGREDIENTS
SIMPLE RECIPES
SIMPLY DELICIOUS

Fit Kids Factory 5-Day Meal Plan

Kid-Tested, Parent Approved

WHAT WE EAT MATTERS.

Let's be honest, finding meals everyone in your family likes is often difficult.

Sometimes parents go for a less healthy option because they know it will fill their kids' bellies as they are hustling out the door. I get it, I've been there, and at times I still am.

My hope is that you will give this meal plan a try, find out what your family likes and add those recipes to your family's playbook.

If you click on some of the meals listed you will be directed to an easy-to-print recipe.

My hope is that this helps you free up time this coming week and that you will find joy in those pockets of time that can now be filled with family fun.

XOXO,

Coach Laura



5-DAY KID FRIENDLY MEAL PLAN

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MONDAY

Breakfast
Choc.Chip Pancakes &
Strawberries

Lunch
PB&Jam Wrap
Apple
String Cheese

Dinner
Macaroni&Cheese
Chicken & Broccoli

Snacks
String Cheese
Veggies/Dip

TUESDAY

Breakfast
Egg Muffins
& Turkey Bacon

Lunch
Vegetable Soup
Grapes
Fish Crackers

Dinner
Taco Pasta

Snacks
Popcorn & String Cheese
Yogurt Parfait

WEDNESDAY

Breakfast
Banana Pancakes
Honey

Lunch
Turkey Wrap
Grapes

Dinner
Teriyaki Chicken,
Rice & Veggies

Snacks
Apple/PB
Cookie Dough

THURSDAY

Breakfast
Oatmeal & Berries

Lunch
Chicken & Carrots
Apple & String
Cheese

Dinner
Crockpot Roast Beef
Potatoes&Corn

Snacks
Frozen Grapes
Veggies/Dip

FRIDAY

Breakfast
Waffles
Banana & PB

Lunch
PB&Jam Wrap
Apple
String Cheese

Dinner
Salsa Chicken
Green Beans

Snacks
Veggies/Dip
Black Bean Brownies

Determine the best times for your kids to eat their 2 snacks.