

Creative Meal Ideas for Children

Breakfast

Smoothie with SP Complete, fruits and veggies

Eggs - fried, scrambled, poached, hard-boiled, deviled

Creamy buckwheat cereal w/toppings and maple syrup

Chia seed pudding with coconut milk and fruit



Lunch

Burger patty with raw cheese

Meat and cheese wraps with grain-free tortilla

Tuna, egg or chicken salad (use avocado mayo)

Quinoa or rice with chicken fingers and veggies



Dinner

Fajitas with grain-free tortilla

Chicken (or beef) and broccoli stir fry

Meatloaf, broccoli and baked sweet potato fries

Chicken fingers and veggies with dipping sauce



Snacks

Hard boiled or deviled eggs

Veggies with dips including guacamole

Cubed, sliced or string cheese

Beef jerky (nitrite-free)

Nuts, seeds, trail mix

