

# THE CHIROPRACTIC wellnessconnection

## Kid's Sample Menu

### Day 1

#### Breakfast:

Ultra Care Kid's Smoothie with mixed frozen berries and 1 tablespoon flax oil

#### Mid-Morning Snack:

Apple with almond butter & turkey slices

#### Lunch:

Tuna salad on brown rice cake

#### Mid-Afternoon Snack:

Hummus with carrots, zucchini and celery

#### Dinner:

Salmon with oven fries and carrot salad

#### Evening Snack:

Cottage cheese with cinnamon stevia and sliced banana

Water Intake (oz):  
80

Other Drinks:  
Honest Kid's Strawberry  
Lemonade

Energy (1-10):  
10

Sleep Quality (1-10):  
10

### Day 2

#### Breakfast:

Brown rice cereal with rice milk and 1 tsp. Ultra Care Kids

#### Mid-Morning Snack:

Handful almonds and walnuts

#### Lunch:

Turkey and avocado roll up on brown rice tortilla

#### Mid-Afternoon Snack:

Organic applesauce mixed with 1 tbsp. of almond butter

#### Dinner:

Turkey meat loaf, mashed potatoes with 1 tsp. Flax oil and spinach salad

#### Evening Snack:

Crispy rice squares

Water Intake (oz):  
80

Other Drinks:  
Vanilla Almond Milk

Energy (1-10):  
10

Sleep Quality (1-10):  
10

### Day 3

#### Breakfast:

Cooked oatmeal with agave syrup, cinnamon and 1 tsp. Ultra Care Kids

#### Mid-Morning Snack:

Z-Bars by Clif

#### Lunch:

Baby carrots with all natural ranch dressing and chicken soup with brown rice

#### Mid-Afternoon Snack:

1 hard boiled omega egg and 2 cantaloupe

#### Dinner:

Free range ground turkey soft tacos with gluten free tortillas (with guacamole, lettuce and salsa)

#### Evening Snack:

1 scoop Ultra Care Kids with 1 tsp. unsweetened cocoa, 1/2 banana, 1 tsp. natural peanut butter

Water Intake (oz):  
80

Other Drinks:  
Alkalyzed hot chocolate

Energy (1-10):  
10

Sleep Quality (1-10):  
10