

# Super Healthy Kids Weekly Meal Plan

April 2-6 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Strawberry Banana Steel Cut oats	<a href="#">Hummus and chicken wraps</a> (3/4 way down on page)	<a href="#">Apple Chips</a>	Salmon, sweet potatoes and green beans
Tuesday	<a href="#">Salmon Frittata</a> (seen at bottom) with leftover Salmon	<a href="#">Fruity Rice</a>	<a href="#">Citrus Salad with Greek Yogurt</a> (w/out the sugar)	<a href="#">Asian Vegetable Salad</a> and Grilled Chicken
Wednesday	<a href="#">Cheesy Spinach Bites</a>	Green Salad with hard boiled eggs, carrots, homemade croutons and ranch.	Trail Mix: Almonds, shredded coconut and dried apples.	<a href="#">Greek Stuffed Tomatoes with rice filling</a>
Thursday	<a href="#">Strawberry and spinach smoothie with OJ</a>	Tuna salad on Rice crackers with sliced apples	<a href="#">Cottage cheese and salsa on whole grain crackers</a>	<a href="#">Tuscan White Bean Stew</a>
Friday	Steel cut oats with blackberries and cinnamon	Veggie wraps (whole wheat tortilla with avocado and tomato)	Cashews and raisins	<a href="#">Rosemary Chicken with roasted Vegetables</a> (second recipe)

For more meal plans, recipes, and photos of every meal, check out our meal planning membership site at [Myhealthymealplans.com](http://Myhealthymealplans.com)! We always schedule one fish dish a week to help your family get their omega-3's!