

Super Healthy Kids Weekly Meal Plan

April 30-May 4

	Breakfast	Lunch	Snack	Dinner
Monday	French Toast with Ezekiel bread	<u>Quinoa and Black Beans</u>	Apples and laughing cow cheese	Vegetable LoMein My new “go to” meal!
Tuesday	<u>Little Monkey Muffins</u>	<u>Crunchy Quinoa with almonds and apricots</u>	<u>Crazy Face Fruit Kabobs</u>	<u>Sausage Mushroom and Cannellini Pesto Pizza</u>
Wednesday	Apple cinnamon Oatmeal	<u>Spinach salad</u> and whole wheat rolls	Cashews and dried apricots	<u>Spinach Pesto</u> Pasta with green salad
Thursday	Whole wheat toast with <u>nut butter</u> and bananas	Vegetable pita pockets (avocado, tomatoes, lettuce)	Graham crackers and <u>applesauce</u> mixed with raisins	Quesadilla’s with shredded veggies and fruit salad
Friday	Scrambled Eggs with salsa	Whole wheat pasta with chicken and broccoli	Smoothie	Steak/ potatoes/ vegetable stir fry

Check out [our complete 30 day meal plan](#), with 120 meals, recipes, shopping list and best prices!