

Super Healthy Kids Weekly Meal Plan

Aug 20-26, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Breakfast Cereal Bars	Veggie Rollups	Almonds, Vanilla Yogurt, Berries	Mini Mexican Meatloaves Watermelon Cubes
Tuesday	Muffin Tin Eggs Bananas	Sweet Potato Tater Tots Watermelon	No Bake Power Oat Cookies	Pasta with Spinach Ricotta and Pineapple
Wednesday	Baked Oatmeal	Antipasto Lunch Grapes	Crispy Rice Apples	Chicken Kebobs with Sweet Chili Marinade Grilled Summer Squash
Thursday	Blueberry Blast Smoothie	Chicken Salad Sandwich	Cottage Cheese Dip with Veggie Sticks	Pizza Spaghetti Green Salad
Friday	Peach French Toast Bake	Leftover Spaghetti Carrot Sticks	Cherry Grape Slushy	Mustard Crusted Salmon Orange Rice

Enjoy our meal plans with your own recipes, or join our meal planning site to get a printable of the

- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- 7 full days of meals
- plus all the recipes to these meals on one PDF

[Get a free 7 day trial here!](#)