

## Super Healthy Kids Weekly Meal Plan

August 27-Sept 2, 2012

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Banana Cream Cheese Toast	Turkey-- Spinach Bagel Carrot Sticks	Deviled Eggs and Celery Sticks	Beef with Broccoli Stir- Fry
<b>Tuesday</b>	Grab N Go Breakfast Sandwich Banana	Almond Butter and Honey Sushi Cucumbers Grapes	Fruit Salad Sundae's	Tofu Tacos Mexican Bean Salad
<b>Wednesday</b>	Buckwheat Waffles with Berry Syrup	Flat Bread Sandwich Celery Sticks	Peaches and Almonds	Lime Marinated Cedar Plank Grilled Salmon Squash Medley; French Bread
<b>Thursday</b>	Raspberry Peach Smoothie	Waffle Sandwich Peaches and Peppers	Zucchini Pizza Bites	Deluxe Taco Soup Rolls
<b>Friday</b>	Peanut Butter and Oatmeal	Cold Pasta Salad Rolls (leftover)	Bell Pepper wedges with Goat Cheese	BBQ Chicken Pizza Green Salad

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

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