

Super Healthy Kids Weekly Meal Plan

Dec 12-16 2011

| | Breakfast | Lunch | Snack | Dinner |
|-----------|---|--|--|--|
| Monday | Green Smoothies | Turkey sandwich with lettuce and cheese plus sliced peppers | Apple Chips | Creamy Chicken and spinach soup |
| Tuesday | Oatmeal with coconut milk and blueberries | Almond Butter and Jelly on Whole wheat bread | Edamame | BBQ chicken with green salad and Sweet potato crescent rolls |
| Wednesday | orange juice and Sunshine Eggs | Green Salad with hard boiled eggs, carrots, homemade croutons and ranch. | Cottage cheese and salsa on whole grain crackers | Chicken salad with celery and onion, over lettuce. Whole wheat rolls |
| Thursday | Strawberry Banana Oatmeal | Cold Pasta Salad with veggies | Fruit Salsa With Pitas | Spaghetti squash primavera |
| Friday | Fruit salad and whole wheat toast | Veggie wraps (whole wheat tortilla with avocado and tomato) | Cashews and raisins | Kewl Asian Wraps |

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