

Super Healthy Kids Weekly Meal Plan

Dec 19-23rd 2011

	Breakfast	Lunch	Snack	Dinner
Monday	Banana-citrus Smoothie	Teriyaki Quesadillas	Guacamole and pita crisps	Traditional Spaghetti with roasted pepper salad
Tuesday	Whole wheat toast with honey, plus bowl of strawberries and bananas	White bean and tuna wrap	Frozen grapes and almonds	Thin crust pizza with artichokes and olives
Wednesday	Buckwheat waffles with frozen blueberries	Hummus and veggie wrap-up	cucumbers and yogurt ranch dip	Burrito Lasagna
Thursday	Baked pumpkin doughnuts	Turkey club with sprouts and cranberry sauce	Mango salsa on crostini	Roasted butternut linguine
Friday	Deviled Eggs and bananas	Grilled veggie tortillas	Celery and peanut butter	Curried coconut chicken and green salad

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