

Super Healthy Kids Weekly Meal Plan

Dec 5-Dec 9 2011

	Breakfast	Lunch	Snack	Dinner
Monday	Pink Smoothies	Apple Pie Sandwiches with carrots	Homemade Fruit roll ups	Empanadas
Tuesday	peaches and cream oatmeal	Baja coleslaw	Trail Mix	Avocado Pizza on French Bread
Wednesday	Egg Pepper Flowers	Alfalfa Wraps	Vegetable Tray	Chicken Kabobs with Asian Dipping sauce
Thursday	Christmas ornament pancakes	Zesty Garden Pasta	Banana Cookies	BBQ Chicken and baked potatoes with green salad
Friday	Triple Almond Muffins	Butternut Squash Soup	Fruit Sushi	Veggie burgers and homemade fries

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