

Super Healthy Kids Weekly Meal Plan

February 20-24, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Swiss Muesli with dried apricots and pecans	Black Bean and Shrimp Quesadillas	Hard-boiled egg	Slow Cooker Tortilla Soup
Tuesday	Strawberry Avocado Smoothie	Pita pockets with sprouts, tomatoes	Cucumbers and Ranch	Fresh Spinach and potato Fritatata
Wednesday	Winter Blueberry Almond Pancakes	PB&J, apples, carrots	Rice cakes with almond butter	Black Bean Chili with brown rice and vegetables
Thursday	Cereal with peaches and milk	Sweet Cabbage apple salad	Pita Bread with hummus	Spiced Apple Squash Soup
Friday	Scrambled eggs with whole wheat toast	Pasta Salad with vegetables	Pistachios and dried apples	Caramelized – Garlic chicken with oriental salad

We now have the ultimate meal planning solution! Our meal planning site has

- pictures of every meal,
- nutrition data for every recipe,
- shopping lists,
- videos and more!

Check it out at [My Healthy Meal Plans](#).