

Super Healthy Kids Weekly Meal Plan

Feb 27-March 3

	Breakfast	Lunch	Snack	Dinner
Monday	Oatmeal with peaches and milk	Homemade Chicken Nuggets	Celery Stoplights	Marinated Chicken with red potato salad
Tuesday	Breakfast Pizza Pancakes	English muffin pizzas with shredded carrots	Homemade Goldfish	Slow cooked BBQ chicken on whole wheat rolls and cabbage salad
Wednesday	Scrambled Eggs and Grapefruit	Burrito (whole wheat tortilla with mashed pinto beans and shredded lettuce)	String Cheese and carrots	Veggie burgers and homemade fries
Thursday	Cereal (Cheerios) with strawberries and milk	Peanut butter and banana sandwich with carrots and grapes	Cottage cheese and Berries	Taco Soup
Friday	Whole wheat English muffins with bananas	Leftover Taco Soup with tortilla chips	Pretzels and Hummus	Chicken salad with celery and onion, over lettuce. Whole wheat rolls

For our ultimate meal plan with 120 meals planned ahead, recipes for every meal, images for every meal plan, nutrition data for all the recipes, plus helpful cooking videos.... Go to

www.myhealthymealplans.com!