

Super Healthy Kids Weekly Meal Plan

January 16-20th, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	Toasted whole wheat bagel with banana	Grilled egg and cheese sandwich plus sliced apples	Popcorn	Veggie Nuggets
Tuesday	Strawberry Banana Smoothie	Rolled Flat bread pizzas with green salad	Crackers and Cheese	Turkey Spinach Meatballs in Marinara
Wednesday	Greek Yogurt with berries and granola	Grilled Chicken Salad	Carrots and Almonds	Almond Crusted Tilapia with green beans
Thursday	High Fiber cereal (like Fiber One) with milk and strawberries	Mediterranean Turkey Pockets	Dry Cereal (Cheerios and raisins)	Turkey Bagel Burgers with roasted broccoli
Friday	Scrambled eggs and whole wheat toast with orange juice	Turkey sandwich on whole wheat bagel with sprouts, avocado, lettuce and tomato.	Rice Cakes with peanut butter	Broccoli and cheese stuffed chicken

Check out [our complete 30 day meal plan](#), with 120 meals with pictures, recipes, shopping list and nutrition data for all the recipes.