



SUPER HEALTHY KIDS MENU

Jan 24-28

	Breakfast	Lunch	Snack	Dinner
Monday	Swiss Muesli	Turkey and cream cheese roll ups on whole wheat tortilla	Banana Roll ups	Chicken, Artichoke, and mushroom salad
Tuesday	Omelets with salsa and cheese. Whole grain toast	Avocado salad (with tomatoes, lettuce, and olives)	Canned pineapple with walnuts	Steaks, wild rice,, and roasted bell peppers
Wednesday	Granola, berries and homemade yogurt	Ham and avocado sandwich on whole wheat	Hard boiled egg and apple	Black Bean Burgers with green salad
Thursday	Tropical Smoothies (with pineapple and frozen strawberries)	Almond Butter with bananas on whole wheat plus baby carrots	Applesauce with pecans on top	Lemon chicken with brown rice and broccoli
Friday	Sunshine Eggs	Open face tomato melt (with fresh mozzarella)	Mandarin oranges and almonds	Vegetarian Night (Mac and Cheese from Clean Eating)

Meal plan prepared by www.superhealthykids.com

For our 30 day meal plan, visit <http://blog.superhealthykids.com/30-day-meal-plan>