



# SUPER HEALTHY KIDS MENU

Jan 31-Feb 4<sup>th</sup> BRACES WEEK

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Oatmeal prepared with milk, mashed pears, and cinnamon	Cold pasta salad with very small tomatoes and cucumbers (peeled) and shredded chicken	<a href="#">Homemade tapioca</a> or <a href="#">pudding</a>	Spaghetti with pureed veggies in the sauce (carrots and spinach) and lean ground beef
<b>Tuesday</b>	Crispy rice cereal with yogurt on top (the crispy rice gets soft in the company of the yogurt)	Tuna salad	Avocados, mashed or chopped with salsa.	<a href="#">Baked potato bar</a> (topped with cottage cheese)
<b>Wednesday</b>	Fluffy scrambled eggs (made with milk to make fluffy). Banana cut into small pieces, or mashed	Blueberry muffins with <a href="#">strawberry</a> , <a href="#">rhubarb</a> <a href="#">applesauce</a>	Cottage cheese mixed with diced peaches	<a href="#">Chili</a>
<b>Thursday</b>	<a href="#">Swiss Muesli</a> with finely chopped dried fruit and soaked all night	<a href="#">Creamy Polenta</a>	Hard boiled egg with soft cheese and olives	<a href="#">Grilled Tofu Satay</a>
<b>Friday</b>	Smoothies (like the <a href="#">power gold smoothie</a> )	Homemade macaroni and cheese	Plain Greek yogurt mixed with chopped strawberries	<a href="#">Miso Soup with veggies and tofu</a>

Meal plan prepared by [www.superhealthykids.com](http://www.superhealthykids.com)

Want more? We have a new meal planning site with

- Images of every meal!
- Recipes for every meal!
- Nutrition data for every recipe!
- Video's, success tips and
- NEW CONTENT EVERY WEEK!

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