

## Super Healthy Kids Weekly Meal Plan

July 16-20, 2012

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	English Muffin w/ Melted Cheese <i>Grapefruit</i>	Turkey Caesar Salad with Homemade Croutons	Banana with Cashew Butter	BBQ Chicken <i>Baked Potato and Green Beans</i>
<b>Tuesday</b>	Egg Salad Cherries	Homemade Mac and Cheese Strawberries	Summer Crudités Tray	California Bean Burgers <i>Green Salad</i>
<b>Wednesday</b>	Pineapple Coconut Oatmeal	Mexican Cheese Salad Nectarine	Dates and Almonds	Summer Veggie Lasagna Watermelon
<b>Thursday</b>	Pina Colada Smoothie	Turkey Wrap	Open Face Cheese Sandwich w/ Tomatoes	Summer Fried Rice
<b>Friday</b>	Egg Waffle <i>Grapes</i>	Pasta with Broccoli, Tomatoes, and Parmesan	Zucchini Bread	Honey Glazed Salmon <i>Swiss Chard</i>

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- meal plan with pictures,
- nutrition data for all our recipes,
- shopping list with stock up items,
- plus all the recipes to these meals on one PDF

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