

## Super Healthy Kids Weekly Meal Plan

July 23-27, 2012

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Quinoa Cereal with Fruit and Raisins	Peanut Butter Pinwheels	Tropical Banana Treats	Turkey Taco Bowl Cantaloupe
<b>Tuesday</b>	Sunshine Breakfast Bananas	Pizza Rollups Pepper Strips	Sliced Strawberries with yogurt	Ratatouille Crusty Bread
<b>Wednesday</b>	Peaches and Cream Oatmeal	Pasta with Fresh Marinara Sauce	Cucumber Cups	Chicken Parmesan over Pasta Italian Green Beans
<b>Thursday</b>	Fresh Peach Smoothie Whole Wheat Toast	Leftover Chicken in Pita Strawberries	Corn Salsa with Tortilla Chips	Sweet and Sour Potstickers Cucumber Salad Rice
<b>Friday</b>	Fresh Strawberry Crepes	Kidney Bean Wrap	Sliced Peaches Yogurt and Nuts	Coconut Crusted Cod Yellow Squash and Zucchini Medley

Enjoy our meal plans with your own recipes, or join our meal planning site to get a printable of the

- 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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