

Super Healthy Kids Weekly Meal Plan

July 30-Aug 3, 2012

	Breakfast	Lunch	Snack	Dinner
Monday	English muffin toasted with peanut butter Bowl of Berries	Ham rolled in whole wheat tortilla Baja Coleslaw	Banana Ice Cream	Chicken Alabama Roasted zucchini and Onions
Tuesday	Scrambled Eggs with Salsa	Green Pea Pesto over Mini Shells	Frozen Yogurt Stuffed Raspberries	Summer Veggie Pot Pies
Wednesday	Oatmeal with Raspberries and Almonds	Tuna salad Crackers with Cherries	Rice Cakes with nut butter and bananas	Whole Wheat Penne with Chicken and Broccoli
Thursday	Chocolate banana Smoothie	Quesadilla with Fresh Tomato Salsa	Hard Boiled Egg	Chicken Verde Enchiladas Spanish Rice
Friday	Coconut Raspberry Pancakes	Leftovers with Watermelon	Fruity Rice	Salmon Salad Pita Fresh Cherries

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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