



SUPER HEALTHY KIDS MENU

July 4-8th Gluten Free/ Paleo/ Low Sugar

	Breakfast	Lunch	Snack	Dinner
Monday	Omelets with mushrooms, peppers and a bowl of berries	Mandarin Chicken Salad on a bed of lettuce	Dried blueberries and almonds	HAPPY 4TH!! Grilled Steaks with Strawberry salad
Tuesday	Paleo Pumpkin Muffins with strawberries	Alligator Pear Salad	Applesauce with walnuts	Whole Roasted Chicken with Cabbage Salad
Wednesday	Hard boiled egg with stick of string cheese and apricots	Mini Gluten Free Pizzas	Blueberry coconut sorbet	Baked Tilapia Fish Sticks with asparagus
Thursday	Coconut milk smoothie	Sautéed sweet potatoes in coconut oil, with chopped scrambled egg	Celery with almond butter	Grilled chicken tenders and vegetables
Friday	Roasted Vegetable Frittata	leftover chicken from the week with spinach salad	Peaches, string cheese, nuts	Spinach cheese and prosciutto stuffed chicken breasts

[Super Healthy Kids](#) is a website dedicated to providing you all the tools you need to feed your family **healthier food**, even when you are **in a hurry!**

We have [over 60 meal plans](#) in our archives.

Also, check out [our 30 day meal plan](#) which is our complete menu with everything you need to have a healthy meal on the table tonight!